DOCUMENT RESUME

ED 093 807 SP 008 171

TITLE	Girls Physical Education Handbook.
INSTITUTION	Fairfax County Schools, Va.
PUB DATE	Sep 71
NOTE	168p.
EDRS PRICE	MF-$0.75 HC-$7.80 PLUS POSTAGE
DESCRIPTORS	Archery; *Athletic Activities; Athletics; *Physical Education; *Womens Athletics
IDENTIFIERS	Individual Sports; Rules and Regulations; Team Sports; Tennis

ABSTRACT

This handbook was designed to provide the student with basic information for various individual, dual, and team sports. The individual and dual sports which are discussed include archery, badminton, creative dance, fencing, golf, gymnastics, and games such as deck tennis, table tennis, horseshoes, and shuffledboard. Basketball, field hockey, soccer, softball, and volleyball are the team sports included in the handbook. For each sport or game included, the handbook provides a) a brief history of its development; b) a general description including terms, facilities, and equipment; c) basic skills required; d) rules and scoring procedures; and e) strategy. A 37-item bibliography is included. (HMD)

ED 093807

GIRLS

PHYSICAL EDUCATION

HANDBOOK

U.S. DEPARTMENT OF HEALTH
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SP008 171

Fairfax County Public Schools
Department of Instructional Services
Fairfax, Virginia
September, 1971

Physical education is regarded as a vital part of general education. In developing the "whole child" it is impossible to educate or use the mind and body singly.

Just as primitive man had to learn to use his body wisely or perish, so must modern man. Just as our ancestors needed vigorous activity to keep themselves fully functioning, so do we today. There are those who claim that all too rapidly Americans are becoming a race of onlooking softies rather than active doers. A strong and vigorous America demands strong and vigorous citizens characterized by physical, mental, and emotional well-being.

This handbook is geared to assist the student in gaining a knowledge about a variety of sports. A complete knowledge of a sport does not mean just knowing how to play the game. It includes the understanding of values, history, selection of equipment, courtesies, skills, strategies, rules and scoring.

Physical education in the schools is directed toward activity centered around the total body, its development, movement, care and use. As such it stresses the development of skills - physical, social, and mental. A variety of activities should enable one to become a highly functioning individual who would possess a number of physical skills and have a desire to build and maintain total fitness throughout life.

S. John Davis
Superintendent of Schools

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INDIVIDUAL AND DUAL SPORTS

INDIVIDUAL AND DUAL SPORTS

Individual and dual sports provide experience for the development of self-discovery and self-realization. Participation in these sports reflects the goals of mental development through executing strategy in games and evaluating experiences. Such sports give students freedom of choice in activities that develop the abilities to make wise choices using their own judgment.

Individual and dual sports contribute to the physical fitness goals of coordination, speed, strength, agility and endurance. They have great carry-over value as many of them can be played throughout life. Boys and girls can enjoy competing in most of these activities.

In these sports one has an excellent opportunity for meeting individual needs, making individual choices, and using self-expression. These activities are also adaptable for use by the physically handicapped.

ARCHERY

I. HISTORY

One of our oldest weapons is the bow and arrow, having been used as long ago as 25,000 to 50,000 years. Even today it is still the weapon of many primitive peoples as well as an implement used by modern sportsmen. Primitive man used it for obtaining food and for defense against enemies.

Many successful battles were fought with the bow and arrow as the chief weapon, such as those in the war in which Egypt overthrew Persia. The longbowmen of England were chiefly responsible for Henry V's victories over the armored knights of France. The legend of Robin Hood revealed archery as a game of skill as well as a means of self-preservation.

Eventually, firearms replaced the bow and arrow. With further development of firearms and the use of gun powder, archery lost its place in warfare but continued to hold its place in sports. Indians continued to use bows and arrows for many years.

The earliest archery tournament known was in England in 1673. King Charles II promoted archery as recreation in 1676. The use of the bow in the U. S. naturally followed the pattern established in England. In 1825 the first archery club in this country was organized in Philadelphia and is still in existence. The National Archery Association was organized in 1879. Now competitions are held nationally for target archery.

In recent years, interest in archery has been revived for three reasons: (1) the new method of shooting which is easier to learn and more accurate; (2) more efficient bows and arrows; and (3) the fascination of various archery games and hunting.

II. GENERAL DESCRIPTION

A. Modern archery consists for the most part of shooting arrows from specified distances at a bull's-eye in a regulation four-foot circular target face.

1. Target competition is based on either individual or team scores or both.
2. Teams usually consist of four members for formal competition and any evenly divided number in informal competition. Scores are totaled for team score.
3. Some of the common rounds employed for match competition are:
   a. American round -- 30 arrows from 60, 50, and 40 yards, respectively.
   b. Columbia round -- 24 arrows from 50, 40, and 30 yards, respectively.
   c. Scholastic round (especially for school use) -- 24 arrows from 40 and 30 yards, respectively.
   d. Range round (designed particularly for indoors) -- 60 arrows from a single distance, either 50, 40, 30, or 20 yards on a regulation target.

II. GENERAL DESCRIPTION - continued

A. Modern archery - continued

3. Common rounds - continued

e. Miniature round (designed particularly for indoors) -- 60 arrows from 15 yards on a two-foot target.

f. Junior rounds in the American, Columbia, and Scholastic are the same as the regular rounds less ten yards at each distance.

4. Recommended rounds for high schools

a. Junior American -- 30 arrows each from 50, 40, and 30 yards.

b. Junior Columbia -- 24 arrows each from 40, 30, and 20 yards.

c. Scholastic -- 24 arrows from 40 and 30 yards.

d. Junior scholastic -- 24 arrows each from 30 and 20 yards.

B. Terms

Anchor -- The position at which the string hand is flexed while the archer is holding or aiming. The archer is then consistent with every shot.

Archery -- The art, practice, and skill of shooting with the bow and arrow.

Arm guard -- A device used to protect the bow arm from the slap of the bow string on the release from the bow.

Arrow rest or plate -- A projection on the side of the bow on which the arrow rests.

Back -- The side of the bow away from the string and toward the target.

Belly -- The side of the bow nearest the string and facing the archer.

Black -- The third ring outside the gold. Has a value of three.

Blue -- The second ring outside the gold Has a value of five.

Bow hand or arm -- The hand or arm which holds the bow.

Bow sight -- A device that allows the shooter to sight directly on the target, which cannot be done with the arrow tip except at point blank range.

Bow window -- A space seen by the archer between the side of the bow and the string at full draw.

Brace -- To prepare the bow for shooting by placing the bowstring into the upper nock.

Cast -- The distance a bow can shoot an arrow.

Cock feather -- The feather at right angles to the nock, usually a different color from the other feathers.

Creeping -- The edging forward of the fully drawn arrow immediately before the release.

Crest -- The painted portion of the arrow that distinguishes it from other arrows.

Dead release -- Allowing the drawing fingers to open gradually on the release, thus reducing some of the tension and cast.

Draw -- The process of bringing the string back.

Drawing hand -- The hand which brings the string to the anchor position.

End -- Six arrows shot in succession by one archer.

Field captain -- The presiding official over the men's shooting line or a mixed line.

Finger tab -- A flat piece of leather used to protect the fingers of the string hand.

Fistmele -- The width of the fist with the thumb stuck out, approximately six or seven inches, placed between the handle of the bow and the string. Considered the ideal bracing distance for most bows.

Fletching -- The feathers on the arrow.

Follow through -- Holding the release position until the arrow lands.

Gold -- The center of the target. Has a value of nine.

Grouping -- Arrows falling in a consistently small compact area on the target.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Handle -- The center part of the bow.

Hen feathers -- The two feathers on an arrow which are at right angles to the cock feather.

Hold -- A pause at full draw before the release, during which time one takes aim.

Lady paramount -- The woman presiding over the women's shooting line.

Limb -- Either part of the bow from handle to top, upper or lower limb.

Loose -- To release the fully drawn bowstring.

Nock -- The grooves at the ends of the bow which hold the string; also the groove at the end of the arrow into which the string is fitted.

Overdraw -- Drawing the arrow back too far, so that the tip passes the belly of the bow. Dangerous.

Perfect end -- All six arrows in the gold.

Petticoat -- The edge of the target beyond the outside scoring ring.

Pile -- The tip of the arrow.

Pinch -- To squeeze the nock of the arrow too hard.

Plucking -- Jerking the right hand off the string.

Point blank range -- The distance at which the point of aim and the center of the target coincide.

Point of aim -- The point at which one should aim to hit the target. The point would be placed in front of, above, or on the target, depending upon the distance.

Quiver -- A device for holding arrows.

Range -- The distance to be shot, or the shooting area.

Range score -- The score for that range (distance).

Recurve -- A bow curved on the ends.

Rebound -- An arrow that bounces off the scoring area of the target.

Round -- Applies to shooting a given number of consecutive ends (a range) from more than one given distance.

Red -- The first ring outside the gold. It has a value of seven.

Release -- To allow the fingers to roll off the string sending the arrow on its way.

Round -- A certain number of arrows shot at a predetermined distance or distances.

Serving -- A wrapping of thread around bowstring at the center to protect from wear due to nocking and drawing.

Shaft -- The middle section of the arrow.

Shooting line -- The common line straddled by all archers when shooting - marks a specific distance on the range.

Snake -- Disappearance of an arrow under the grass or leaves.

Tackle -- The equipment used by an archer.

Timber hitch -- The knot used to tie the lower loop of the string to the lower nock of the bow.

Trojectory -- The path of an arrow in flight.

Weight -- The force required to draw the bow the entire length of the arrow.

White -- The outside ring of the target. Has one value.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment

1. Range and range equipment

a. Range

(1) Range should be on level ground with sufficient area or backstops behind the target for arrows to land safely if they do not hit the target.

(2) If possible, at least 10' center to center (preferably 15 feet), width should be allowed for each lane between targets. Less space can be used if everyone shoots and retrieves arrows simultaneously.

(3) Outdoor ranges should be about 75 yards long if 50 to 60 yard shooting distances are used.

b. Target backs

(1) Target backs or bosses often are made of rye straw, coiled and sewn to make a durable base. A new type of target is constructed of polyethylene. A practical substitute can be constructed of baled straw. Target bosses should be protected from rain and snow because moisture causes the target to rot, lose its body, and disintegrate.

(2) To prevent arrows from going through a weakened target, the target may be reinforced with a backing of layers of corrugated paper.

c. Target stand

(1) The regulation tripod stand consists of three pine boards, three inches wide, one inch thick, and six feet long. To prevent arrow breakage and to increase the life of the tripod the legs of the tripod may be covered with discarded bicycle tires, burlap, or corrugated paper painted green.

(2) The new polyethylene targets sit directly on the ground.

(3) The regulation target for outdoors is 48 inches in diameter and the center should be 48 inches from ground when the target is placed on a tripod stand.

(a) The target face may be made of light canvas (preferred), sized muslin, oilcloth, or cardboard. The target faces are of two general types -- sew-on or drawstring. The latter, though slightly more expensive, is much easier to handle.

(b) Archery tackle

1) Bows -- made of glass fiber, wood such as lemon wood, osage orange, or barded hickory; or may be laminated (different wood and glass fiber joined together).

a) The fiber glass is considered the most economical and durable for class use.

b) Bows vary in weight according to their use and should be selected by shooters according to the individual's strength. Girls, 15 to 30#. Wt. -- number of pounds it takes to pull an arrow to its full length.

c) Bows vary in length

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment - continued

1. Range and range equipment - continued

(b) Archery tackle

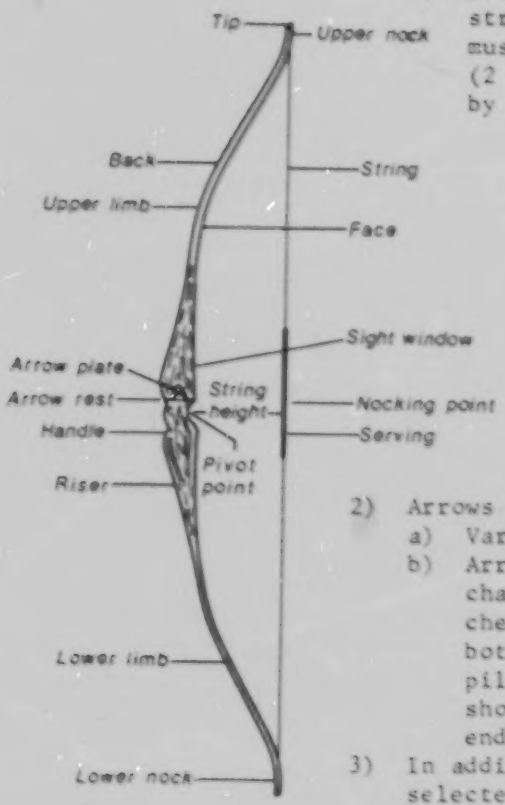
1) Bows

d) The weight should be no greater than the student can pull to a full draw while keeping her body erect. After some experience, one will be able to pull a heavier bow.

e) Extra bowstrings should be kept on reserve to replace frayed or broken strings. Bowstrings are made of a high grade linen, dacron, or nylon thread waxed with beeswax and twisted.

f) Bowstrings are of two types: (1 Double loop strings are easier to handle but the strings must be purchased according to bow length; (2 Single loop strings are more easily adjusted by tying a timber hitch at the lower limb.

PARTS OF THE BOW



2) Arrows (arrows should be length of archer's arm)

a) Vary in length from 24" to 28".

b) Arrows can be chosen without benefit of an arrow chart by placing the nock of the arrow on the chest midway between the shoulders and extending both arms forward, palms together, touching the pile (point) end of the arrow. The arrow selected should be long enough to extend at least to the end of the extended fingers.

3) In addition to having correct length, the arrows selected should have nocks of a size to rest lightly on the bowstring without support.

4) Target arrows are either made of one piece of wood (self arrows) or are reinforced with beefwood for durability (footed arrows). Arrows are also available in fiberglass.

5) Cost per dozen depends largely upon the material used (birch is the cheapest but very susceptible to warping), whether or not they are footed, and the degree to which single arrows are matched to each other in weight and flexibility.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment - continued

(b) Archery tackle - continued

2) Arrows - continued

6) Arrows with replaceable parts such as plastic nocks and piles that slip off are least expensive because they can be repaired. Feathers can always be replaced.

7) Arrows present the greatest problem in the cost of archery because of breakage and loss. Some schools ask students to provide their own arrows, thereby avoiding the problem. Other schools provide arrows but charge a fee for losing or breakage.

3) Quivers of several types are available -- stationary range quivers, movable ground quivers and leather quivers that are belted around the waist or hung over the shoulder.

a) The quiver holds the arrow.

b) Ground type may be preferred as it holds the bow also. Bows and arrows should never be laid onthe ground as there is danger of their being stepped upon and broken or of the wetness causing warping of wooden equipment.

4) Arm guard

a) An arm guard for the forearm of the bow hand is a must.

b) It is usually made from leather or some plastic material.

c) This should be worn at all times to protect forearm from injury due to slap of bowstring.

5) Finger tab or shooting glove

a) Made of smooth leather.

b) Should be worn to protect first, second, and third fingers of the hand that touches the string.

c) Distinct advantage in getting smooth release, and thus greater accuracy.

6) Toe markers

a) When point of aim is used, toe markers are necessary to make certain that you stand in identically the same spot each time you shoot.

b) Put toe markers (bottle caps with nails through them can be used) into ground at the toe edge of your shoes.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment - continued

(c) String bow and check fistmele.
(d) Unstring bow and hang it up when not in use.
(e) Do not lay bows on ground or carry them with you while retrieving arrows.
(f) Withdraw arrows from target carefully by placing one hand against the target around the arrow and the other hand on the arrow near the pile, twist and pull; when carrying several arrows together spread them between fingers or in a fan shape in order to prevent feathers being crushed. Carry the arrows near the pile end.
(g) Report to teacher any equipment needing repairs.
(h) Wipe bow and arrows off after each use.

D. Courtesy

1. Never disconcert another archer by words or action.
2. Record your score correctly and do not boast to others about it.
3. Help others at your target retrieve their lost arrows, to avoid delaying the whole group.
4. Avoid loud laughter or talk behind the shooting line; beginners sometimes mistake it for personal criticism.

E. Safety measures

1. Always use the proper equipment. Select arrows that are correct length for you and your bow, and inspect them for breaks, splinters, and roughness (glue). Nock arrow with cock feather away from bow, and if you should scratch the hand, check arrows.
2. Before bracing, flex bow several times to warm it up before using it.
3. Inspect bow for cracks and examine string for loose or unraveled threads.
4. Draw bow only after being shown how; draw bow with an arrow on the string only when one is planning to shoot the arrow. Never draw a bow without an arrow in it. Be sure no one is in front of you when drawing bow.
5. Step in front of shooting line only under directions of the instructor.
6. Wear arm guards and glove (or finger tabs) for comfort and protection.
7. Remove pins, buttons, and decorations worn on shoulder or chest of the bow arm side. A tee shirt or sweater is ideal.
8. Be particularly careful to anchor at the center of the chin if glasses are worn.
9. Remember you are responsible for your own safety practices and those of the archer in front of you on the shooting line.
10. Always keep in mind how powerful a bow is. An arrow released from even a medium weight bow can put a hole through a piece of metal.
11. Check the fistmele (distance from belly of bow to string when braced) to be sure it is six inches. If it is less than this, the string will slap your wrist.
12. Never shoot straight up into the air.
13. Arrows should be nocked only on the shooting line, and always pointed in the direction of the targets when nocked.
14. Never shoot until you have looked to see if the range is clear.
15. Step back three yards from the shooting line when you have finished shooting and wait for the command to retrieve.
16. In drawing arrows from the target be sure no persons are behind you where they may be injured by sudden removal of an arrow.

II. GENERAL DESCRIPTION - continued

F. Values

1. Challenges a person's skill in a short time because some skill can be acquired quickly.
2. Promotes social contact at any age because it is a sport for both sexes in all seasons.
3. Offers an excellent solution to the problem of outdoor recreation for those with physical handicaps or those who cannot enter a strenuous program of sports.
4. Is an excellent means of correction and teaching posture.
5. Can be adjusted to almost any available space and fitted into any free time.
6. May be enjoyed individually or in groups.
7. Is economical, after the initial costs.

III. BASIC SKILLS

A. Stringing or bracing the bow

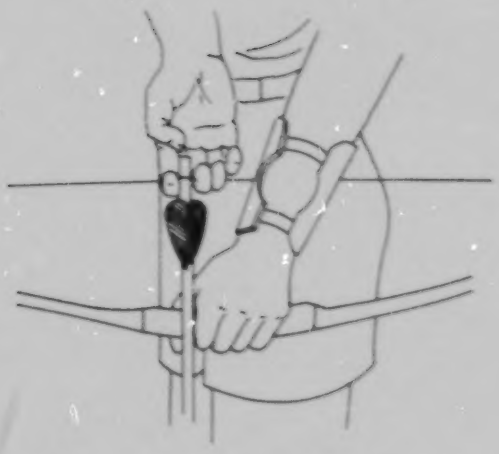
1. Method 1:
   a. The tip of the lower limb of the bow is placed against the instep of the right foot (string away from the body). The tip of the bow should not be placed on the ground.
   b. Bow handle is grasped with right hand; heel of the left hand is placed on back of the upper limb about 5" below the loop end of the string.
   c. The bow is bent by pulling up with the right hand and pressing down with the heel of the left hand.
   d. As the bow bends, the string is guided into the upper nock with the first two fingers of the left hand.
   e. When bow is strung, the string should be 6" to 6½" from the handle. This can be approximated by a fistmele.
2. Method 2 (preferred method--step-through method):
   a. Grasp string in left hand and bow in right hand.
   b. Step right leg between bow and bowstring--keep knees straight.
   c. Brace back of bow against ankle of left leg.
   d. Place right hand on back of bow and pull bow forward around the body.
   e. Slide string with left hand.

B. Addressing the target

1. The bow arm is turned toward target. The feet are parallel to each other, about shoulder width apart and astride the shooting line, with weight evenly distributed.
2. Only the head is turned toward the target. Shoulders and hips should not be turned toward the target.
3. The bow handle should be grasped firmly but in a relaxed position with the fingers together, palm down. The grip resembles that of picking up a suitcase. If no arrow rest is provided, the top or flat of the fist forms a shelf for the arrow to rest upon. Only the thumb and forefinger of the bowhand should meet around the bow handle.
4. Errors
   a. Rolling the wrist inward so the thumb is too far inside the bow results in string slapping the wrist and the arrows going to the left.
   b. Separating fingers results in improper arrow shelf and the arrow falls easily.
   c. Gripping the bow too tightly results in the bow string slapping the bow arm.
5. Once the above position is assumed, the archer should grasp her arrow by the nock with the string hand.

III. BASIC SKILLS - continued

C. To nock the bow place in a horizontal position, arrow grasped at nock end with the thumb and forefingers and laid across bow just above handle grip. Arrow revolved until cock feather is up. Then arrow is moved toward the nocking mark of string until it slides into the groove. Arrow must be perpendicular to the bowstring. After nocking, fingers are placed into shooting position.



NOCKING THE ARROW

CORRECT STANCE AT FULL DRAW

D. Drawing

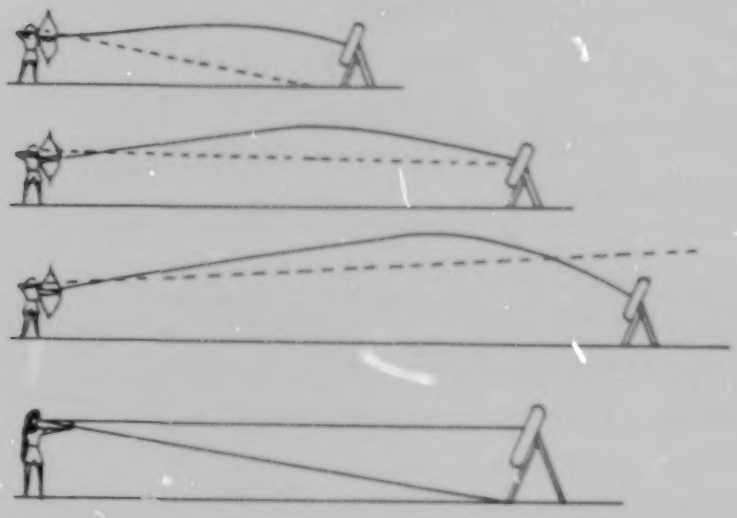
1. While the bow is in horizontal position at side, the bends of the first three fingers (first joint) are placed on string with the arrow between the first and second fingers.
2. Nock of arrow should be just touched with fingers, not squeezed.
3. Thumb and little finger should be out of the way (in the palm of the hand is suggested).
4. Bow arm is elevated directly sideward until arm is parallel to ground at shoulder level.
5. Shoulder and bow hand are in straight line with target; elbow slightly bent, turned down and out.
6. With bow arm extended correctly the string is drawn backward until the drawing hand is settled on the anchor point. Do not begin draw until bow arm is extended.
7. The drawing elbow is kept at shoulder level and the arrow is drawn to the pile (leave an inch and a half or two inches beyond the bow).
8. The anchor point is with the string touching the middle of the chin and the tip of the nose and the forefinger of the right hand directly under the point of the chin. The bent thumb should be hooked under the jaw bone or the extended thumb on the ear lobe. The anchor point should be the same each time. Also the length of your draw should be the same each time.

III. BASIC SKILLS - continued

E. Aiming (holding)

1. After the draw is completed, it should be held momentarily until last adjustment is made in aiming.
2. Failing to hold at all usually results in an inaccurate anchor point.
3. Holding too long results in a pinched release.
4. Three methods of aiming
   a. Point of aim - preferred for class use
   b. Bow sights
   c. Instinctive shooting
5. Point of aim
   a. The shooter aims arrow at a specific object which is so placed that, when the arrow point is sighted on it at full draw, the correct trajectory (the flight of the arrow makes an arc) is given the arrow.
   b. The point of aim is located by making an adjustment between the straight line of vision and the trajectory of the arrow in respect to the angle of release so that the arrow will hit the gold.
   c. The point is located by trial, the angle of release being adjusted by raising or lowering the bow arm.
   d. When shooting from a short distance (20 yards) the point of the arrow must be aimed below the gold, sometimes on the ground in front of the target. At greater distances the point of the arrow is aimed above the gold.
   e. If the arrow grouping is low the aim should be raised. If the arrows are high or beyond the target, point of aim should be lowered.
   f. Using light bows, long ranges require aiming above the target.

DETERMINING THE POINT OF AIM



III. BASIC SKILLS - continued

E. Aiming - continued

6. Sights -- When using bowsights you should sight the tip of the arrow directly on the marker.

7. Line of vision

a. Before attempting to shoot, eye dominance should be established. Extend arms and form a triangle between thumbs and forefingers. Focus on a small object through the opening. Close your left eye; if object remains focused in the opening, your right eye is dominant. Usually right-handed people squint or close the left eye.

b. Matter of individual difference. It is possible to keep both eyes open; the left eye, however, is usually squinted or closed.

c. The line of vision goes from the right eye just to the left of the bow and to the point of aim.

F. Loosing or releasing

1. As soon as aiming is completed, the arrow should be loosed or released.

2. Relax the fingers. Straighten the fingers simultaneously, keeping the thumb in place.

G. Follow through -- Hold the release position until you see the arrow land.

H. Step back from line until command to retrieve is given after you have shot your arrows.

I. Retrieve -- Find your own arrows and those of anyone else still missing arrows.

IV. RULES AND SCORING

1. Respective scoring values of the target
Gold - Nine points (9.6" wide)
Red - Seven)
Blue - Five) (4.8" wide)
Black - Three)
White - One)

2. An arrow cutting two colores counts the higher value.

3. An arrow going through or bouncing off the scoring area of target counts seven points. Rebounds must be witnessed.

4. Six arrows are called an end.

5. If several are shooting, each archer completes an end; then all go to the target to score the hits.

6. Before any arrows are withdrawn, questionable hits are decided.

7. The hits of the highest value are withdrawn from the target first.

8. As all ends for each distance are completed, the scorers total the number of hits for that distance and also the score for all the ends from that distance. This is the range score.

9. After the completion of the round, the scorers total the complete number of hits and total the complete score. This sum represents the archer's final score.

10. In formal team competition, team score is the combination of scores of all team members shooting the same round.

11. In informal team competition the team with the highest average score wins, or the highest scores of the number of members agreed upon are used in determining scores.

IV. RULES AND SCORING - continued

12. In official competition each target captain draws all arrows and calls scores.
13. Lady paramount acts in the capacity of head official. Men's official is called field captain.
14. Official over a mixed competition is called field captain also.
15. An arrow hitting the wrong target counts as one of your shots but is not scored as a hit or for points.
16. Scores are listed with the highest score first.
17. When not shooting, archers must stay at least three yards back of the shooting line.
18. An arrow leaving the bow shall be deemed shot if the archer, while standing where she has been shotting, cannot reach it with the bow.
19. Shooting shall be stopped at any time upon two blasts from lady paramount's whistle. This signal indicates an emergency.
20. Tie scores shall be resolved by the greatest number of Golds, then Reds, then Blues, then Blacks. If still tied, the tie shall be resolved by the greatest number of perfect ends. If still tied, it shall be so recorded officially.
21. If, in any end, an archer shoots more than six arrows, she shall forfeit as many of the highest scoring arrows as the number of extra arrows shot.
22. No coaching may be given while the student is in the act of shooting for scores.
23. In case an arrow hits the target and hangs down across the face, the lady paramount will stop the shooting and will see that it is placed securely into the target where it hit.
24. An arrow embedded in another arrow on the scoring face shall score the same as the arrow in which it is embedded.
25. In case a target falls over during an end, the archers on that target shall shoot the end over again.

V. BIBLIOGRAPHY

1, 2, 4, 24, 30, 36 (see complete bibliography)

BADMINTON

I. HISTORY

Badminton originated from a game in India called "Poona." Similar games known as "Battledore" and "Shuttlecock" were popular in China and Siam over 2,000 years ago. British Army officers stationed in India carried the game back to England where the first Poona Club was established in Bath, England, in 1873. The name Badminton came from the Duke of Beufort's large country estate called Badminton House, situated in Gloucestershire, where the Duke entertained his guests with rounds of Poona. The guests showed their appreciation by adding a few rules and renaming the game "Badminton."

The game gained impetus with the founding of the National Badminton Association of England in 1895. The first national championships were held in 1898 in England. During this time badminton was introduced in Canada and from there into the United States. Although the first badminton club in the United States was organized in 1878, the development of the sport in this country has been slow until recent years. Today there are over 500 badminton clubs in the United States. The game is played on a local, sectional, national and international basis. Badminton has the Thomas Cup for men and the Uber Cup for women.

II. GENERAL DESCRIPTION

A. Game

1. Badminton can be played as a singles or doubles game.
2. The object of the game is to hit the shuttlecock, or bird, back and forth with a racket across the net.
3. It is played both indoors and out on a hard, grassy-surfaced court.

B. Terms

Ace -- One point. Unit of scoring.

Alley -- Two, one on each side of the court, narrow strips (1½' wide) between the two boundary lines. Used in double play.

Balk -- To hinder an opponent.

Bird -- Shuttle or shuttlecock.

Clear (or lob) -- Stroke which sends shuttle high and deep to back of court.

Cross-court -- A flight in which the bird is directed along and close to the net-tape, falling in or near the alley.

Dead bird -- Bird is dead and play ends when it hits the floor, boots or clothes of the player, an object outside the court, or when a "fault" is committed.

Deception -- Disguising one's intentions to lead opponent to anticipate the play wrongly, as in feinting stroke, flight, or placement.

Diagonal teamwork -- Division of responsibility according to a line drawn from the back right-hand corner of the court to the intersection of the side boundary line and the net (left side). One player assumes responsibility for the front triangle, the other for the back triangle.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Down -- Loss of serve occasioned by the server's (on serving sides) failure to score. In doubles, each side has two downs (except in the first inning of the game). Side serving in the first inning is allowed only one down.

Drop shot -- Any shot that drops immediately after crossing the net. May be underhand or overhand.

Fault -- Denotes a violation of rules.

Game -- Fifteen points in doubles, mixed doubles, and men's singles. Eleven points in women's singles.

Hairpin (net) flight -- Short flight made from close to net and falling close to the other side. Flight resembles a hair pin.

Hand-in -- Term used when player serving still retains serve.

Hand-out -- Used in doubles to show that one partner is "down."

High clear -- The bird being directed high overhead and falling in the backcourt.

In-side -- Player or side serving.

Inning -- A side's turn at serving.

Kill shot -- A hard smash shot that makes return impossible.

Let -- Permitting the serve to be made over because of the bird's passing over net and getting caught in net.

Lob -- Also called a high clear or driven clear; goes over opponent's head.

Love-all -- Score at beginning of game and after game has been "set."

Match -- The best of three games. Special arrangements may be made in informal play.

Odd and even courts -- In singles the right half court is the "even" court, the left half the "odd." When score of player serving is love, or an even number, the service is taken from right-hand court; when odd, from left. In doubles the server in the right court is called the "even" player and her partner the "odd." When the even player is serving from the right the score is even, when from the left, odd. The reverse is true of her partner. Even and odd positions are determined by where the players are standing at the beginning of the game.

One down -- Used in doubles when one partner has lost the service.

Out side or out of service -- Player or side receiving on the service.

Rotation teamwork -- Side-by-side formation with players rotating sides according to prearrangement and strategy.

Setting -- Increasing game points when the score is tied at 9-all, 10-all, 13-all, 14-all. In a 15-point game when the score is tied at 13, it may be set 5 points; when tied at 14, it may be set 3 points. In all 11-point games, when the game is tied at 9 it may be set 3 points; when tied at 10 it may be set 2 points. If the game is not "set," you play just to 15 or 11. The option of setting rests with the player or side first reaching the tied score.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Side-by-side teamwork -- Division of responsibility roughly corresponding to an equal division of the playing court. The dividing line is the mid-court line, extended to the net.

Smash-- Powerful downward stroke, the kill shot of the game.

Stroke -- Action of hitting the bird (forehand, backhand, drop, net, clearing strokes).

Throw, sling, or carry -- Indistinct hit or sliding contact between racket and bird in which the bird is carried or thrown-- a "fault."

Toss -- By flipping a coin or spinning a racket, side is determined that will have option of serving, court end.

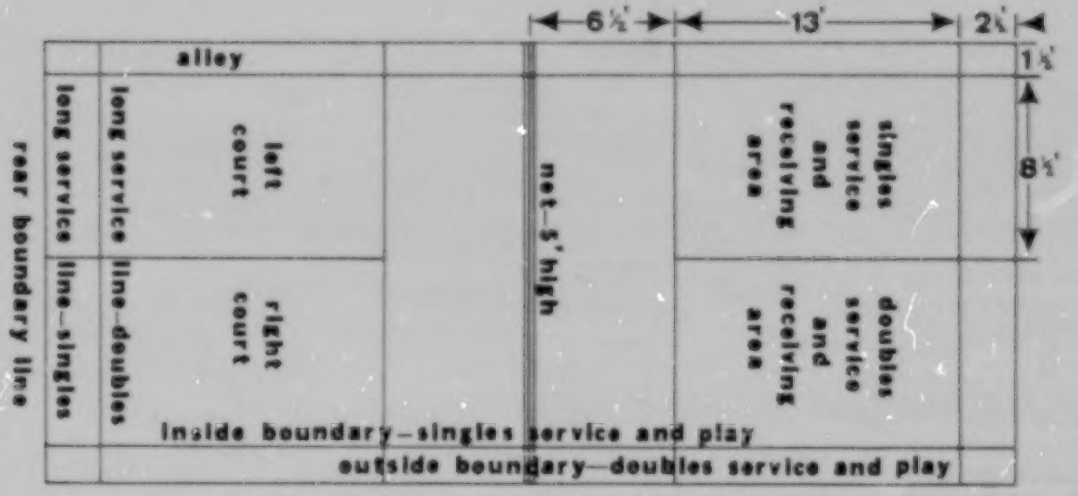
Two down -- Used when both partners have lost the service in a game of doubles.

Up and back -- Division of responsibility in which the "up" player plays the net while the "back" player plays backcourt.

Wood shot -- Hitting the shuttle on the wood.

C. Facilities and equipment

1. Court



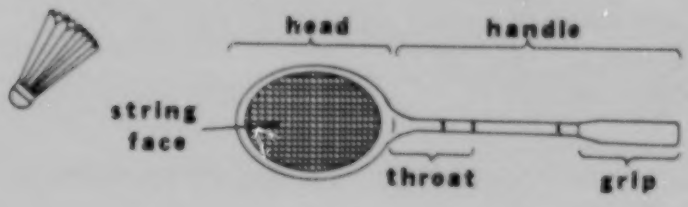
2. Equipment

a. Racket

(1) Light wood, plastic, fiberglass, or aluminum frame.

(2) Nylon, gut, linen,or steel strings.

(3) Wooden rackets kept in press when not in use to avoid warping.



SHUTTLECOCK AND RACKET

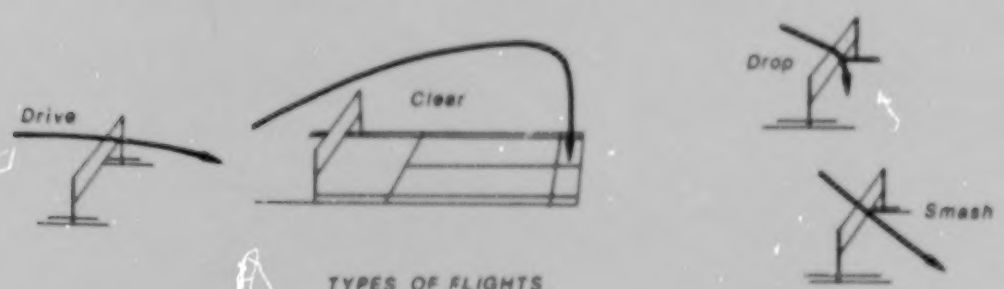
II. GENERAL DESCRIPTION - continued
C. Facilities and equipment - continued
2. Equipment - continued
b. Shuttlecock
(1) Two types
(a) Goose feathers in leather covered cork base
(b) Plastic
(2) Care
(a) Straighten out the feathers.
(b) Refrain from kicking and stepping on.
(c) Refrain from hitting it overhead.
(d) Pick it up by hand, not with the racket.
c. Net
Fine, tan, meshed cord edged on top with a 3" wide tape.

III. BASIC SKILLS
A. Grip
1. Forehand grip (right-handed player)
a. The throat of the racket is held in the left hand with the face of the racket perpendicular to the floor. The handle is grasped by the right hand as though shaking hands with it.
b. The thumb and fingers are wrapped comfortably around the handle with the "V" formed between the thumb and forefinger over the top plate of the handle.
2. Backhand grip (right-handed player)
To gain the backhand from a forehand grip position, hold the racket by the throat with the left hand and turn the right hand to the left so that the first knuckle is on top of the racket handle. Extend the thumb diagonally [illegible] and back of the handle.
B. Wrist action
1. Wrist action is used for power, control, and deception.
2. The amount and kind of wrist-snap at the moment of impact determine the momentum and direction of the shuttle.
3. The wrist is bent or cocked backward during the backswing and is kept cocked until just before the shuttle is hit. Then the wrist is snapped forward to throw the racket head into the shuttle.
C. Footwork
1. The object of footwork is to be able to move in any direction so that one can get the best possible shot off. Good strokes cannot be produced if the feet are not properly placed. The quicker one moves into position the more time she has to make the stroke.
2. Active starting position -- Always be on the alert. Never slump back on the heels. Be relaxed and on the balls of the feet with the body weight equally balanced. For the forehand stroke the left foot is advanced toward the oncoming shuttle and the entire left side of the body is towards the net. For the backhand shot the right foot is advanced forward and the right side of the body is towards the net.

III. BASIC SKILLS - continued

C. Footwork - continued

3. The most common fault of beginners is to stand flat-footed and attempt to play a stroke with the body and feet facing squarely toward the net. Loss of power and strained muscles result. Depending on which side the shuttle is to be hit, one foot must be advanced so that the body is turned sideways to the net.
4. After a stroke turn the body so that it is again facing the net. One will then be able to play strokes to either side of the body.
5. Short, quick steps instead of long strides are best suited for movement in any direction. These steps permit quicker stopping and turning and correction of position in relation to the shuttle when misjudgement occurs. Avoid movement when the opponent is about to stroke the bird. Take up the center court position whenever possible as this gives quick access to all points of the court.



TYPES OF FLIGHTS

D. Strokes

1. Forehand drive
   a. The forehand drive is played on the right side of the body and is similar to the baseball sidearm throw.
   b. Take a forehand grip, turn the body until the left side is to the net, place the left foot diagonally forward, and turn the shoulders to allow the arm to take the backswing.
   c. The backswing is taken by placing the head of the racket between the shoulder blades.
   d. As the arm and racket swing forward, the body weight should transfer from the right foot to the left foot, the wrist uncocks, and the arm straightens out at the point of contact.
   e. Contact the shuttle with a flat racket well away from you so that your swing is not restricted.
   f. The racket swings on through in the direction of the flight of the shuttle.
2. Backhand drive
   a. The grip is changed to the backhand grip making sure that the thumb is flat on the handle in order to give the extra support and snap that is needed.

III. BASIC SKILLS - continued

D. Strokes - continued

2. Backhand drive - continued

b. On the backswing the elbow is bent, the right hand is by the left shoulder, and the elbow is pointing at the oncoming shuttle.

c. The weight shifts, the shoulders turn, the arm starts swinging forward with the elbow leading.

d. The head of the racket whips through for the contact and follow-through.

3. The clear (lob)

a. An important part of every stroke is positioning. For the clear, the proper position is directly under the falling shuttle, so that the player strikes it directly over her head at arm's length.

b. For the most efficient clear, the shuttle should be hit just behind the straight-up position. This gives the shuttle a long and high flight. If the shuttle goes very high and a short distance, the point of contact is too far back. If the flight is too low and too long, contact has been made too far forward and too soon.

c. Use the full length of your opponent's court when executing the clear, especially if your opponent is off balance or near the net.

4. The smash (kill shot)

a. The smash is more effective if it is hit hard and downward at the greatest possible angle. A hard smash requires that all the fundamentals of the "clear" be used with the greatest possible force. Your position on the court determines the angle at which the shuttle can be hit and still clear the net. The closer to the net the shuttle is struck, the more sharply downward is its flight.

b. In positioning yourself for a smash, you should be behind the shuttle, if it is falling nearly vertical.

c. The point of contact should be slightly forward of straight up and the player's arm should be straight. The racket head should be facing slightly downward. The further forward the shuttle is struck, the greater is its downward angle, and the further back the shuttle is struck, the flatter is its downward flight.

d. The smash is much more effective when it is done closer to the net.

5. The drive

a. The drive is hit hard and travels fast in a horizontal plane near the top of the net.

b. In executing the drive, the backswing is taken by turning sideways to the net, extending the arm backward, and cocking the wrist so that the racket head is about wrist level. On the forward swing, the racket is moved in a flat arc almost parallel to the floor. The wrist whips the racket head forward and, at the moment of contact, the racket and arm are fully extended to form one straight line.

III. BASIC SKILLS - continued

D. Strokes - continued

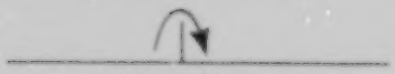
6. Net shots

a. The net shots are the "cross-court" and the "hairpin." In both, the shuttle is hit gently from a position near the net using only slight wrist-action and little racket-swing.

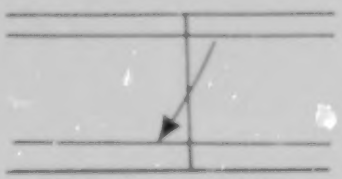
b. Types

(1) The cross-court shot is hit as near the top of the net as possible with the racket facing slightly upward and turned diagonally toward the opposite side line so that the shuttle is aimed across the court.

(2) The hairpin net shot is used when the shuttle has dropped below net level and must be lifted over the net. The racket and arm are extended forward, well away from the body, so that the shuttle is flicked directly upward and slightly forward, loops over the net, and drops vertically downward into the opponent's court.



HAIRPIN



CROSS-COURT

7. Service

a. The service stroke, used to put the shuttle in play, is an underhand stroke.

b. The three types of service strokes are:

(1) The short serve, used primarily in doubles play. Passes just over the net and drops just beyond the service line.

(2) The long, high serve, used primarily in singles play. Passes over the reach of the receiver and drops near the back line.

(3) The driven serve--used occasionally for the element of surprise. Travels fast, low and deep and is used most often in doubles.

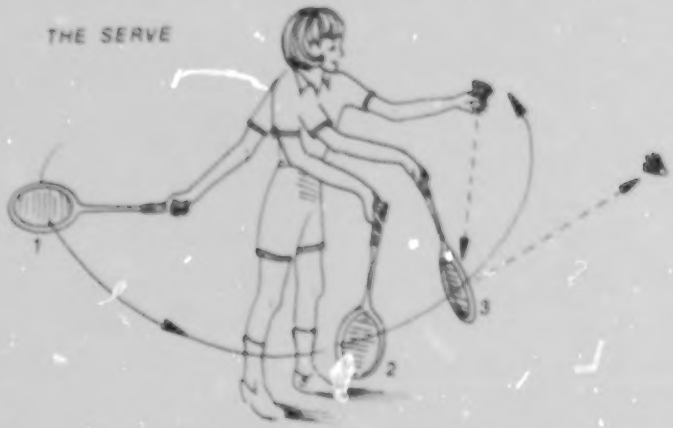
c. The stance and backswing are similar for all three types of serve. The stance is taken with either the right or left foot forward; however, most players stand with the left foot forward and the body turned diagonally towards the net.

d. To release the shuttle for the serve, the shuttle is held by the feathers between the forefinger and the thumb. The elbow is extended naturally and the shuttle is held low, well away from the body, and slightly toward the net side of the forward foot. The shuttle should be released as the racket face nears the base of the shuttle.

e. The swinging movement of the racket starts with the arm extended backward, wrist cocked, racket pointing away from the net. On the forward swing, the racket is swung in a pendulum-like movement forward and upward, and the wrist is flexed at the moment of racket impact with the shuttle.

f. The follow-through of the racket and arm is toward the intended line of shuttle flight.

III. BASIC SKILLS - continued



E. Strategy
1. Singles
a. Always return to the center of the court and be ready for the next shot if possible.
b. Hit the shot as far from opponent as possible until smash is possible.
c. Try to keep opponent moving.
d. Use deceptive tactics.
e. Use a high deep serve as a general rule. Use a short serve occasionally to draw opponent off balance.
2. Doubles
a. If the team is attacking, use the "up-and-back" position. If on defense, use the "side-by-side" position.
b. Try to hit shuttle down. Avoid hitting shuttle up.
c. Call out who is to take questionable shots.
d. Preferred serving position is "up-and-back," for better court coverage.
e. Players may take any court position desired during play.

IV. RULES AND SCORING
A. Rules
1. A coin is tossed and the winner of the toss has a choice of serving first or choosing ends.
2. Only the server scores points and continues to serve until she commits an error.
3. Singles play
a. The first serve of the game is made from the right service court and received in the diagonal right service court, as are all serves when the server's score is zero or an even number.
b. When the server's score is odd, the serve is made from the left service court and received in the diagonal left service court.
c. On an error by the server, side-out is called, no points are scored, and the receiver becomes the server.
d. Refer to "odd and even courts" in terms for explanation of positioning.

IV. RULES AND SCORING - continued

A. Rules - continued

4. Doubles play
   a. The side serving first in the game has only one hand in the first inning. If the serving team commits a fault in the first inning, side-out is called and the serve goes to the opponents.
   b. Throughout the following innings each partner on each side has a hand or a turn at service.
   c. The partner in the right-hand service court always serves first at the start of a new inning. The partners rotate courts only after winning a point.
   d. Refer to "odd and even courts" in terms for explanation of positioning.
5. Faults -- A fault committed by the server results in side-out; while a fault committed by the receiver results in a point for the server. It is a fault if:
   a. During the serve the shuttle is contacted above the server's waist, or the racket head is held above the hand.
   b. During the serve the shuttle does not fall within the boundaries of the diagonal service court.
   c. During the serve the feet of the server and the receiver are not within the boundaries of their respective service courts. Feet on the boundary lines are considered out-of-bounds.
   d. Before or during the serve the receiver or the server feints or balks.
   e. During the serve or rally the shuttle contacts the wall, the ceiling, the player, or her dress; passes through or under the net; fails to go over the net; or does not fall within the court boundaries.
   f. Any player reaches across the net to contact the shuttle, other than on the follow-through.
   g. During play any player touches the net with any part of her body or racket.
   h. The shuttle is hit more than once before it crosses the net.
   i. A player obstructs an opponent or invades an opponent's court.
   j. A player fails to return the bird.
6. General rules
   a. A serve may not be delivered until the receiver is ready.
   b. Shuttles falling on the line are in-bounds.
   c. It is not a fault if the server completely misses the shuttle on the serve.
   d. Let is called when the receiver is not ready for the serve and when, after passing over the net, the shuttle is caught in or on the net.
   e. A serve or rally which touches and passes over the net and falls within the diagonal service court is good.

IV. RULES AND SCORING -continued

B. Scoring

1. Game

a. In ladies' singles, 11 points is game.

b. In doubles, 15 or 21 points, as arranged, is game.

c. Setting -- If the score is tied, the game may be extended by the player or side first reaching the tied score. In a 15-point game, when the game is tied at 13, it may be set for 5 points; when tied at 14, it may be set for 3 points. In a 21-point game, substitute 19 and 20 for 13 and 14. In all 11-point games, when the game is tied at 9, it may be set for 3 points; when tied at 10, it may be set for 2 points. A set game continues as previously, but the score is now called "love-all." The first side or player to reach the set score wins the game.

d. Changing ends of court

(1) Players change ends at the start of the second game, and if needed also at the third game.

(2) In the third game players change sides when the first player reaches 8 in a game of 15 points, 6 in a game of 11 points, and 11 in a game of 21.

2. Match

Winner of 2 out of 3 games wins the match.

V. BIBLIOGRAPHY

1, 2, 9, 18, 24, 30, 31, 34, 36 (see complete bibliography)

CREATIVE DANCE

I. HISTORY

Dance is the oldest of the arts. Early in the twentieth century, some dancers - most notably Isadora Duncan - sought a dance expression not limited to the traditional ballet or folk dance forms. The stress was on dance as an expression of human emotions and on the validity of any movements which are effective in communicating these emotions.

The theories of Isadora gained acceptance in some parts of Europe, but it was in America that creative dance developed most widely and rapidly. American dancers built on these theories to develop creative dance as an American art form. Creative dance provides opportunities for each person to discover ways in which the body can move to express ideas or feelings and gain pleasure from that expression, either as a dancer or as a viewer of the dance.

Dance personalities

1. Isadora Duncan -- founder of creative movement. She was the first western dancer to dance barefooted and to appear on stage without tights.
2. Ted Shawn -- did much to make dance masculine - formed Denishawn School of Dance with Ruth St. Denis, an Oriental dancer.
3. Ruth St. Denis - often referred to as the "First Lady of the American Dance."
4. Martha Graham -- today the symbol of creative movement.
5. Charles Weidman--forerunner in modern dance.
6. Doris Humphrey - co-founder of first modern school to tour country; outstanding choreographer.
7. Mary Wigman
   a. German dancer - led rise of creative movement in Europe.
   b. Gave dance its "body."
   c. Danced without music.
8. Jose Liman - current outstanding choreographer and dancer.
9. Hanya Holm - main contribution has been as an educator in dance.

II. GENERAL DESCRIPTION

A. Definition

Creative movement - the original, free, unbound movement of which quality of performance depends upon imagination and range of body movement. It is a communication of ideas using the body as the instrument of expression.

B. Elements of dance

1. Spatial relationship -- Dance is one art in which the third dimension is present.
   a. Pattern of movement
      (1) The imaginary design made on the floor by moving from one place to another is called the <u>floor pattern</u>.
      (2) The pattern or arrangement made in space by axial movements or design is known as <u>spatial design</u> or <u>axial pattern</u>. Axial movement is movement in one place; movement of body around one's own axis.

II. GENERAL DESCRIPTION - continued

B. Elements of dance - continued

2. Direction
   a. Forward
   b. Backward
   c. Sideways
   d. Diagonally
   e. Circularly
   f. Up
   g. Down
   h. In combination, as zig zag, right angles, squares, or arcs
3. Levels
   a. On the floor
   b. Sitting
   c. Kneeling
   d. Standing
   e. In elevation
4. Planes
   a. Horizontal
   b. Verticle
   c. Combinations
5. Dimensions or range. Relative extent of space or scope of a movement. Movement as little as possible; then as big as possible.
6. Focus - attention is directed toward various focal points in space, often in the line or direction of the movement.
7. Movement must be considered in relation to other figures or groups in space.
   a. Movements may be presented in
      (1) Unison
      (2) Opposition
      (3) Succession
   b. Grouping is
      (1) Symmetrical - design is exactly balanced.
      (2) Asymmetrical - is irregular in design or off balance.

C. Qualities of movement -- inherent and essential characteristics or distinctive property of movement.

1. Pendular movement - most natural to human body (swing).
2. Sustained - steady, equalized release of energy - continuity of flow. Example: pushing and pulling.
3. Percussive movement - strong, sharp, aggressive movement with little or no follow-through.
4. Suspended - percussive movement followed by sustained movement to complete it (balance).
5. Vibratory - quivering or shaking pulsations (vigorous series of movements).
6. Collapse - to side or backward; absence of tension. Complete relaxation (controlled falls)

D. Rhythm - organizes the movement

1. Tempo - fast or slow.
2. Underlying beat - steady pulse inherent in a particular movement phrase.
3. Phrase - sequence of long and short beats with a feeling of unity.
4. Accent - emphasis given in movement, sound, force, space, tempo.
5. Syncopation - an unexpected accent in the general pattern.

II. GENERAL DESCRIPTION - continued

E. Choreography

1. Dance composition - the selection and organization of dance movements into a form.
2. Style - quality and fashion of presentation; a characteristic manner which gives distinction.
3. Theme - underlying idea of a composition.

III. BASIC SKILLS

A. Axial movement

1. Bending and stretching (used especially in work).
2. Swinging (produced with a minimum of energy) and swaying (an inverted pendulum).
3. Turning (around one axis on the same plane) twisting.
4. Rising and falling (wave movement).
5. Shaking and beating (primitive and elementary).
6. Pushing and pulling.

B. Locomotor movements - progression from one place to another on a moving base

1. Walk
2. Run
3. Leap
4. Hop
5. Jump
6. Skip
7. Slide
8. Gallop

IV. BIBLIOGRAPHY

1, 2, 19, 30 (see complete bibliography)

FENCING

I. HISTORY

Originally fencing skill was used as a method of war and a device for settling personal disputes. After gunpowder was introduced, the sword lost its value in warfare but members of the aristocracy continued to use fencing as a method of settling personal disputes.

Blunted foils, such as used in class, were used over two hundred years ago by swordsmen needing a method of practice that would not hospitalize their opponents. The development of fencing as a sport resulted. The introduction of the wire mask in the late 18th century contributed greatly to the safety of the sport.

As a result of laws outlawing dueling, the purely athletic and sporting aspects of fencing came into their own. With this sporting emphasis, modern fencing was born; and with it the game changed.

With nobody getting hurt, a fencer can take more chances, move faster and try a few risky surprise attacks that may or may not work. The ancient principle has not changed however -- touch without being touched.

Women entered into fencing when protective equipment was developed and techniques of foil fencing were refined. Fencing is the only combative activity generally acceptable for women.

The formation of the Amateur Fencers of America in 1891 and the Intercollegiate Fencing Association in 1894 gave impetus to competition across the United States.

Fencing is one of the few sports that have been continuously on the Olympic program since the modern games were established in 1896. Only track and field events in the Olympics attract a larger number of participating countries every four years.

II. GENERAL DESCRIPTION

A. Game

1. Fencing is a game of attack and defense by two opponents who attempt to score touches on one another with a designated weapon.
2. To score touches a contestant must attack her opponent. An arm extension, a lunge, or steps and a lunge bring the attacker to striking distance.
3. To avoid touches the defender uses a system of parries, or blocking actions, which deflect the attack. The defender may then return an attack to score a touch.

II. GENERAL DESCRIPTION - continued

B. Terms

Abstain -- Declination of voting privilege when a judge was unable to see if a point was made.

Advance -- Forward movement of the body toward opponent.

A.F.L.A. -- Amateur Fencing League of America. Since 1891 it has been the official governing body for amateur fencing in the U.S.

Attack -- An initial attempt to hit an opponent by a thrust of the foil, usually followed by a lunge.

Barrage -- A fence-off or a tie in a qualifying round.

Beat -- A sharp, controlled blow against the middle or weak part of the opponent's blade with the object of opening a line or provoking a reaction.

Bent-arm attack -- An attack on which the arm does not fully extend as the attacker advances. It is very susceptible to a counterattack.

Bind -- A blade action which carries the opponent's weapon from a high line to a low line, or vice versa.

Bout -- The personal combat between two fencers.

Cadence -- Another term for fencing rhythm.

Call -- Stamping forward foot twice to stop bout.

Change-beat -- A beat executed immediately following a change of engagement.

Change of time -- A deliberate breaking of the rhythmic pattern of action, usually with the intent of confusing the opponent.

Close quarters (infighting) -- The fencers are close together, but can still use their weapons for attack and defense.

Corps-a-corps -- When the fencers have established body contact and cannot use their foils correctly. The director will halt the action.

Coupe -- French for cutover. A form of disengage, in the high lines, that passes over the opposing blade.

Cutover -- Disengagement made by passing over the tip of opponent's blade.

Development -- The complete lunge, from extension of the arm to completion.

Director -- The official who starts, stops and supervises the action, analyzes the movements, and awards touches in a bout.

Disengage -- An attack in which the blade passes from one line of an engagement into an open line.

Engagement -- A crossing of the blades covering a particular line.

False attack -- Any attacking action deliberately not intended to land.

Feint -- A blade movement intended to look like an attack or the beginning of an attack. Its aim is to draw a reaction or parry.

Foible -- Weak part of the blade.

Forte -- Strong section of the blade.

Foul -- Any touches which do not land on legal target.

Glide -- An offensive action against the opponent's blade that applies lateral pressure while moving forward.

High lines -- The theoretical lines of attack and defense located above the hand in any given guard position.

Inside lines -- The theoretical lines of attack and defense on the chest.

Insufficient parry -- A parry not strong enough to clear the attacking blade out of line on its original attack.

II. GENERAL DESCRIPTION - continued

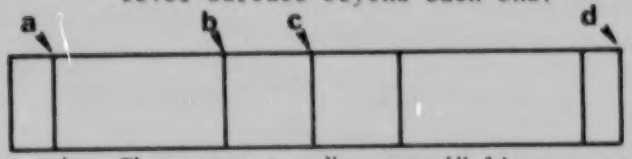
B. Terms - continued

Judge -- One of four persons who call touches in a bout.
Line of attack -- Used to describe position of the attacking weapon.
Low lines -- The theoretical lines of attack and defense located below the hand in any given guard position.
Lunge -- The classical method of reaching the opponent on the attack.
Meet -- A competition between the teams representing two or more clubs or schools.
On guard -- The basic position of the fencer facing her opponent.
Outside lines -- The theoretical lines of attack and defense on the side of the hand and blade nearest the back.
Parry -- A defensive action made with the blade to deflect an attack. The parries are numbered one through eight.
President -- Another name for the director.
Pressure -- A lateral pressing upon the opponent's blade, used as a preparation of attack.
Recovery -- The return to the "on guard" position following a lunge.
Redoublement -- Renewal of the attack while on the lunge, in a different line of attack. Used when opponent does not riposte.
Remise -- Renewal of the attack while on the lunge in the original line of attack.
Reprise -- A new attack following a return to guard position.
Retreat -- Movement to increase the distance between fencers.
Right-of-way -- An attack must be parried or evaded before the fencer attacked can attack in turn. The fencer attacking has the right-of-way.
Riposte -- Offensive action which should follow a successful parry.
Salute -- The conventional recognition of the opponent, the officials and others before a bout.
Simultaneous actions -- The term describing what happens when two fencers initiate attacks at the same time. Unless one hits while the other misses completely, there can be no score, as there is no right-of-way established.
Straight thrust -- A simple, direct attack.
Strip -- The measured and marked ground upon which the bout takes place. Usually made of rubber matting.
Target -- The area of the body upon which a valid hit may be scored; the torso, excluding the arms, legs, and head.
Thrust -- An extension of the arm in a feint or an attack.
Touch -- A valid hit on opponent's target area.

C. Facilities and equipment

1. Strip

a. The area upon which the bout is conducted is between 5'11" and 6'7" in width and 39'4" in length and has an additional 6'4" of level surface beyond each end.



a - warning line
b - on guard line
c - center line
d - end line

b. There are two "on guard" lines, one on each side of the center line and 6'7" from it.

c. There is a warning line 3'3" in front of each end line.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment - continued

2. Equipment

a. Foil

(1) Standard French foil is used in class.

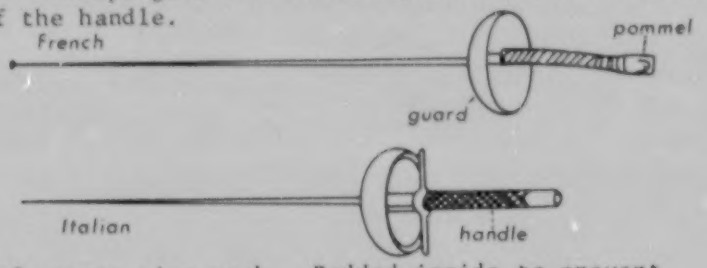
(2) Parts

(a) Blade -- Is flexible and has a rectangular cross-section tapering to a flattened point. The "strong" portion of the blade (forte) is that portion near the guard while the "weak"(foible) portion is that portion near the tip of the foil. The blunt tip must be covered with a rubber tip or wrapped with white tape. Electrical foils are often used in competition to facilitate scoring.

(b) Foil guard (sometimes called bell) -- Is circular and the blade passes through its center. Padding is applied to the inside of the guard to prevent finger injuries.

(c) Handle -- Curved slightly in two directions with the concave side upward.

(d) Pommel -- Helps give the foil balance. Located at the end of the handle.



b. Mask -- Made of strong wire mesh. Padded inside to prevent contact of mesh with face or head. The bib, snapped to lower part of the mask, protects the throat. A wire headpiece covered with plastic bends to adjust mask to fencer's head.

c. Glove -- A glove of some type is essential; soft leather is preferred. The glove prevents loss of control when the hand perspires and cushions any touches that may land on the sword hand. A left hand glove can be turned inside-out for a right-handed fencer and vice versa. The cuff must be long enough to overlap the sleeve in order to prevent the blade from entering the sleeve.

d. Martingale or a similar strap
A light-weight strip of leather is another must. This eliminates any chance of the foil leaving the fencer's hand. It must be long enough to fit around the wrist and pommel of the foil without restricting movement of the wrist. A small, light-weight dog collar is suitable.

e. Electrical equipment
The difficulty of accurately judging hits led to the development of electrical scoring devices. These devices require the use of an electrical foil with a special spring point mounted on the end of the blade. When the point is depressed by a direct hit, a relay is sent down a light wire which runs the length of the blade to the fencer's body cord. This automatically registers the hit on a scoring apparatus.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment - continued

2. Equipment - continued

e. Electrical equipment - continued

Validity of the hit is determined by contact with a metallic (lame) jacket worn by each fencer over the regular jacket. The jacket covers only the valid target area. Hits are acknowledged by a buzzer and lights on a central machine. A red or green light indicates a valid hit and the fencer who scored it. A white light indicates an invalid hit.

3. Care of equipment

a. Store foils in a hanging position so that blades are not damaged.

b. Keep foil tips padded and pommels secure. Do not drag tip over floor or flex blade against wall or floor.

c. Avoid using hands to straighten blade. To bend or straighten blade, rub it between the shoe sole and floor. The blade should have a slight bend so that when a touch is scored the tip is lower than the bend in the blade.

d. Replace and repair protective cushions and handles when worn.

e. Before putting on mask, remove excess makeup. Wash padding and bibs regularly.

f. Store masks, jackets and gloves in a well-ventilated area. Repair rips and tears immediately and launder jackets regularly.

g. Gloves should be aired and cleaned with disinfectant powder.

4. Costume

a. Jackets -- The heavier the jacket the more protection given. The jacket must cover the target area completely, including the sword arm. For class purposes a heavy towel pinned securely inside a long sleeve sweat shirt can replace the jacket. The sweat shirt must be in good condition and must fit so that normal fencing movements are not restricted.

b. Trousers -- White trousers which fasten below the knee, but are loose enough to allow freedom of movement, are worn by both men and women. Shorts or gym suits are satisfactory for class use.

c. Footwear

(1) Absorbent socks which cushion the feet and absorb perspiration are essential.

(2) Flat leather-soled fencing shoes are desirable on regulation strips but sneakers are acceptable for class use.

D. Players

1. Only two fencers are on the strip for a bout.

2. Officiating a fencing bout requires a jury consisting of a president (director) and four judges.

a. The president stands midway between the fencers, approximately 13' from the strip.

b. The judges stand on each side of both fencers.

c. The judges to the right of the president observe touches on the fencer to the president's left.

d. Conversely, the judges to the left observe touches on the fencer to the president's right.

II. GENERAL DESCRIPTION - continued

E. Courtesy

1. Upon arriving at the strip, salute your opponent and the jury. At the end of the bout, thank your opponent.
2. Do not argue or discuss the jury's rulings.
3. Ask to speak with the president only when necessary and do so diplomatically.
4. If you disarm your opponent, pick up her weapon.

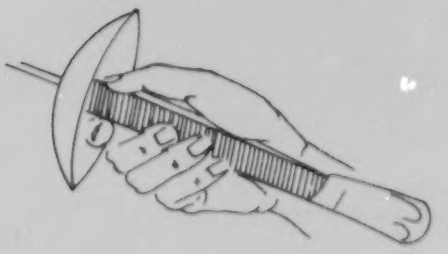
F. Safety

1. Martingale, glove, and fencing jacket (or substitutes) are now a part of your physical education uniform. They offer protection to the fencer and must be worn throughout the class period. (Towels used for padding are NOT to be used at the end of the class period for showers. This towel is to be left pinned inside your sweat shirt. These articles may be left in your basket at the end of the class period.)
2. Rubber tips are taped on the end of the foil for added protection. It is your responsibility to see that the tip is secure on your blade and your opponent's blade.
3. Even in demonstrating movements wear your mask.
4. Assume responsibility for classmates as well as for yourself. If you see anyone using faulty equipment or fencing in a manner so as to endanger others, correct the situation immediately.
5. Carry foil with tip down when not fencing.
6. Fence only when instructions are given to do so. Fencing techniques are not to be practiced with foil in hand unless otherwise instructed.

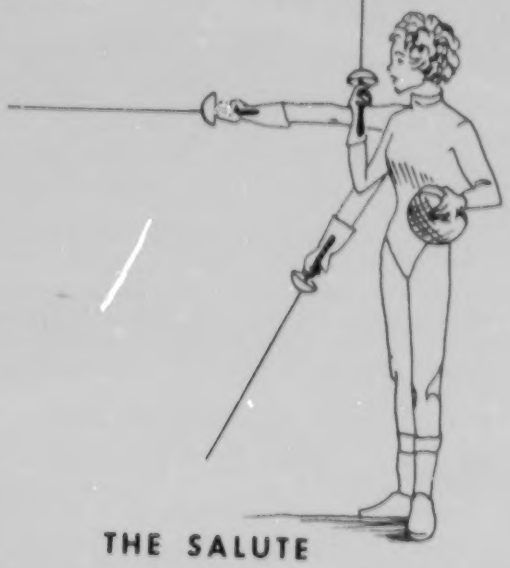
III. BASIC SKILLS

A. Grip

The foil handle is curved slightly in two directions, with the concave side upward. The index finger is placed near the cushion so that the handle rests on the second joint of the finger. The thumb is placed on top of the handle, pointing toward the blade. A pinching motion is assumed. The fleshy tips of the second, third, and fourth fingers rest lightly along the concave surface and pull the handle into the palm. The wrist is straight and the pommel rests against the middle of the wrist. In this position there is a straight line from elbow to foil tip.



GRIP



THE SALUTE

III. BASIC SKILLS - continued

B. Salute

1. The salute is a traditional movement of courtesy and greeting between opponents prior to practice or competition.
2. The first position of the three-movement salute is the preparatory position. The fencers face each other with their feet at right angles, heels together, and their foils extended forward and downward. The mask is held under the free arm by the back piece.
3. On the second movement the foil is raised sharply bringing the guard to the chin, the pommel is centered in the forearm, toward the fencer, and the foil tip is directed toward the ceiling.
4. With the third count the fencer briskly extends the foil arm at shoulder height with the point aiming at the opponent.
5. At the completion of the salute the mask is put on and the fencers assume the guard position.
6. If a four-movement salute is used, the second movement is to raise foil arm level with shoulder and pointed toward the opponent, followed by the second and third movements above.

C. Guard or "on guard" position

GUARD POSITION

PREPARATORY POSITION FOR GUARD POSITION

1. The on guard position is the fundamental position of readiness for both offensive and defensive actions.
2. The forward foot is pointed toward the opponent; the rear foot is at a right angle to it. Feet are a comfortable distance apart, at least 8" apart.
3. The fencer "sits" evenly, knees bending, with the torso turned to offer a profile to the opponent. Torso is erect.
4. The body's weight is evenly distributed over both legs.
5. The non-foil arm is bent at a right angle at the elbow with the hand relaxed at the wrist - palm toward the head.

III. BASIC SKILLS - continued

C. Guard position - continued

6. The foil arm is bent and comfortably carried toward the opponent. The elbow of the foil arm is rotated toward the body line and in a position approximately 6-9" from the side of the body.
7. The palm of foil hand is up and the foil tip points at the opponent's eye level.

D. The advance

1. The advance is a forward body movement used when the fencer needs to get close to her opponent for an attack. It also serves to force the opponent to retreat or to maintain a constant distance if the opponent has retreated.
2. Advance is made from the guard position with small, even steps.
   a. Pushing off with the toe, the forward foot leads with heel into a step of several (3 to 7) inches.
   b. The rear foot follows immediately with a step covering the same distance.
   c. The guard position is maintained and distance between the feet is constant.
   d. Weight is low and the torso is in an erect position.
   e. The action results in a gliding motion, but definite steps are made.
3. When advancing one is highly vulnerable to attack, so accompany advance with hand actions (beat, glide, thrusts, feints, etc.).

E. The retreat

1. The retreat is a defense action which takes the fencer out of her opponent's reach, or it may be used to make the opponent advance.
2. Retreat is made from the guard position with small, even steps.
   a. The rear foot is picked up and placed directly behind one.
   b. The forward foot follows with a slight push from the heel.
   c. The distance between the feet should be the same as before the step was taken.
3. Retreats are usually accompanied by parries.

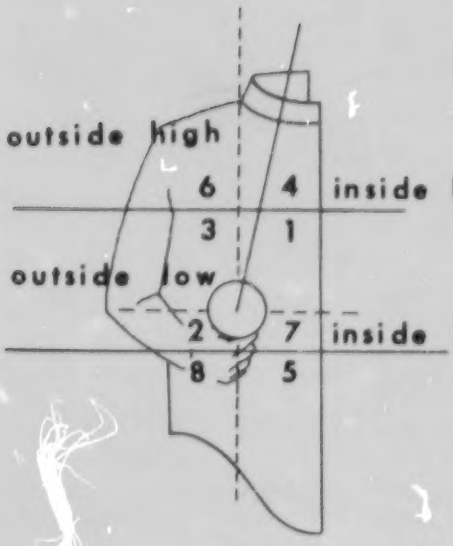
F. The lunge and recovery

1. From the on guard position, the lunge begins with an extension of the foil arm, followed by a forward movement of the body. The foil hand position does not change, palm up.
2. The lead foot steps out, just clearing the floor, and lands on the heel. The foot flattens as the forward leg bends, with the knee coming into position over the foot.
3. At the same time the rear leg will straighten, the rear foot being kept flat on the floor, with the non-foil arm sharply thrown backward in the same vertical plane as the rear leg.
4. The recovery begins with bending the rear leg, coordinated with a pushing back by the heel of the forward foot, in order to shift the weight of the body back until the "on guard" position is regained.
5. Vigorous action by the rear arm returning to its "on guard" position assists a rapid recovery.

III. BASIC SKILLS - continued
F. The lunge and recovery - continued

THE LUNGE

IV. DEFENSES AND ATTACKS
A. Valid target for touches
1. The valid target area extends from the collar to a horizontal line which joins the top of the hip bones across the back and the groin line in front.
2. The arms, from the shoulder seam outward, and the hands, legs, bib, and mask are excluded as targets.
3. Touches off the target area are invalid.
4. To aid in defining attacks and parries, the target is theoretically divided into four sections or lines of engagement. This division results in high and low lines and inside and outside lines.
a. The high-inside and high-outside lines are above the foil hand.
b. The low-inside and low-outside lines are below the hand.
c. For a right-handed fencer the inside lines are to the left of the foil; the outside lines are to the right.



THE TARGET AREA

B. Engagement
1. While in the guard position, opponents lightly engage their blades at foible.
2. The tip of each foil is aimed at the target and the hand holds the guard position to protect against a simple lunge.

C. Parries and guard positions
1. A parry is a defensive movement that blocks or deviates the attacking blade.
2. There are eight fundamental parries, two for each line - one with palm upward and one with palm down.
3. Parries are executed in an "on guard" position with the foil arm carried in guard position. The arm does not extend and bends closer to the body only if the opponent is facing at closer than normal distance.

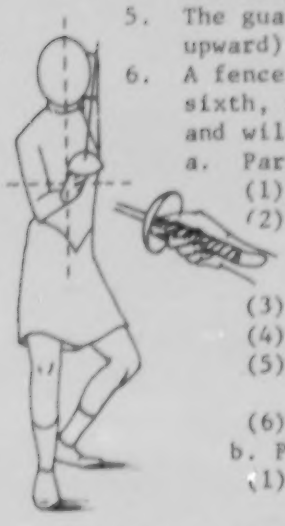
IV. DEFENSES AND ATTACKS - continued

C. Parries and guard positions - continued

4. Parries should deflect the blade laterally, not up and down the length of the torso.
5. The guard positions with the hand in supine position (palm upward) are recommended in foil fencing.
6. A fencer can be competent with four sound parries - fourth, sixth, seventh, and eighth. The other parries are rarely used and will not be discussed.

a. Parry of fourth

(1) This defends high-inside target area.
(2) The hand moves from guard position of sixth to the left, at the breast height, to the outer limits of the body to remove the opponent's foil tip.
(3) Action of the parry comes from the wrist, not the elbow.
(4) The hand is palm up and slightly higher than the elbow.
(5) The point of the blade remains at the opponent's eye level but slightly to the right.
(6) Immediately bring arm back to on guard position and riposte.



PARRY OF FOURTH

b. Parry of sixth

(1) The hand moves from guard position of fourth to the right to defend high-outside target.
(2) With the hand at breast height, fingers up, point at opponent's eyes, the forearm carries the weapon from pivot point of elbow so that the attacking blade can be carried by the strong part of the blade to the right of the body.
(3) Action of the parry comes primarily from the wrist.
(4) Immediately bring arm back to on guard position and riposte.

PARRY OF SIXTH

c. Parry of seventh

(1) This defends the low inside line.
(2) The foil tip moves in a clockwise semicircle toward the opponent's knee level, hand to the left with palm facing upward.
(3) Immediately bring arm back to on guard position and riposte.

d. Parry of eighth

(1) This defends the low outside line.
(2) The hand moves to the right, palm up, with pommel directed past body line, and the point of the blade toward the opponent's knee level.

PARRY OF SEVENTH

PARRY OF EIGHTH

IV. DEFENSES AND ATTACKS - continued

D. Simple attacks

1. Generally, an attack is considered a forward movement of the foil, with or without a lunge, toward the opponent's target.
2. A simple attack comprises only one fast movement, such as straight thrust, disengage, or cutover.
   a. Straight thrust
      (1) Is simplest of all attacks.
      (2) It involves a quick, smooth extension of foil arm (shoulder high and palm up) in the line of engagement.
      (3) The arm extension may be followed by a lunge if distance to the opponent requires it.
3. The disengage
   a. This is a change of line of attack made by passing the blade under the opponent's blade to an opposite line of engagement.
   b. Execution begins with an extension of the arm, shoulder high, palm up.
   c. Keeping the foil close to opponent's blade, the fingers drop the tip under the opponent's blade, moving in a small semicircle or a moving "V".
   d. When changing from seven to eight or eight to seven, the disengage is made over the blade, rather than under it.
4. The cutover
   a. This is accomplished as the blade passes over the point of the opponent's dropped blade to change the line of engagement.
   b. To execute the cutover, the arm remains bent as the fingers and wrists lift the blade so that the tip circumscribes a small semicircle or inverted "V" as it crosses opponent's blade.
   c. The arm is extended immediately when the foil tip clears, and the lunge follows.

E. Riposte

1. The riposte is a return attack that follows a successful parry.
2. The return may be a simple thrust or compound attack.
3. In either case, an immediate riposte has the right-of-way over a second attack by the original attacker.

F. Compound attacks

Compound attacks are made in two or more movements by feints, attacks against the blade, or a combination of these.

V. RULES AND SCORING

A. Commands

1. On command from the official, fencers cross foils over the center line, step back, and fence.
2. The contestants fence until the director calls "halt," indicating that a touch or foul has been seen.

B. The touch

1. All touches must be made with the point of the blade.
2. Clear contact must be made between the point and the target. All such touches, off or on target, are called by the judges. However, for class purposes, only hits landing in legal target will be called.
3. Slapping and grazing the target with the blade does not count and the bout does not stop.

V. RULES AND SCORING - continued

B. The touch - continued

4. Four touches are necessary to win a bout or at the end of five minutes of play the fencer leading wins. If the score is tied the bout continues until one touch is gained by a fencer.
5. There is no penalty for touches off target (fouls) but a good fencer makes very few fouls.
6. After each touch counted as valid, the fencers are placed back on guard in the center of the strip. If the hit is not allowed, the fencers go back on guard at the point play was halted.
7. In bouts for four touches, fencers change sides after one fencer has a total of two touches. Fencers shake hands as they change sides.

C. The strip

1. One touch is awarded to the opponent if you leave the strip at the end after you have been warned once.
2. If both feet leave the side boundary, fencers are placed back on guard with the fencer leaving the strip being penalized 3'3". A touch made before both feet leave the strip is good.

D. Right-of-way

1. If a fencer's sword arm is extended and she is threatening the target she has the right-of-way.
2. The opponent must parry her attack completely before starting her own attack.
3. If both fencers touch on target at the same time, the touch is awarded the fencer who established the right-of-way.
4. When simultaneous action results in simultaneous attacks and touches, the hits are annulled.
5. On a double hit (simultaneous hits with one fencer at fault) the proper touch is scored.

E. Scoring

1. The winner in a women's standard fencing bout is the person who first scores four legal touches on her opponent or outscores her opponent within the five-minute time limit.
2. Scoring of a bout is recorded by the official scorer as each touch is awarded by the director of the bout.
3. Voting
   a. When a judge sees a touch (valid or not) in the direction she is responsible for, she immediately raises her hand and the director will call "halt." A judge calls halt only if the fencers are in danger of injury.
   b. The director describes the last sequence of action, move by move, and asks the judges watching that direction for an opinion.
   c. The judge may vote "yes" (touch was legal), "no" (no touch made), "abstain" (did not see the action), or "invalid" (foul). Each judge has one vote.
   d. The director is also entitled to an opinion. Her vote is worth one and a half points.
   e. If no decision can be reached because of a disagreement, the fencers are set back on guard.

VI. BIBLIOGRAPHY

30, 36 (see complete bibliography)

GOLF

I. HISTORY

There is disagreement as to where golf actually originated. As long as 2000 years ago a game based on the same principles was played by the early Romans and other peoples of that time. Reference has also been made to shepherds setting up contests which involved hitting stones and pieces of wood with their crooks. Golf, as it is played today, originated in Scotland in the 14th century. Scottish Parliamentary action forbade the game in the 15th century as a threat to the development of skill at archery and thus national defense. This was of brief duration as King James IV became a fan and golf became popular.

Golf has long been a game for women. Mary Queen of Scots was an enthusiastic and skilled golfer.

The most famous course is that at St. Andrews, Scotland, founded in 1754. The game was introduced into America in the latter part of the 19th century by John G. Reid, who became known as the "father of American golf." The United States Golf Association, founded in 1894, has been the ruling body for amateurs in America and the sponsoring body for prominent tournaments. At present more than 6500 courses attract eight million participants, while driving ranges, three-hole courses, and instructional classes serve millions more.

II. GENERAL DESCRIPTION

A. Game

The game consists of hitting a small, hard ball with selected clubs across various surface areas known as fairways, hazards, and roughs to smooth patches of grass, known as greens, and into small holes, or cups, in the greens. The object of the game is to use as few strokes as possible on each hole and over the entire course. At the beginning of each hole the golfer is allowed to tee the ball so that it is slightly elevated from the turf. After the ball is struck from the tee, it must then be played as it lies.

B. Terms

Addressing the ball -- Placing the body and club in a position to hit the ball.
Approach shot -- A shot intended to put the ball on the green.
Birdie -- A score of one under par for a hole.
Bogey -- One over par for a hole.
Brassie -- The #2 wood.
Bunker -- Hazard, usually a depressed area covered with sand.
Casual water -- A temporary accumulation of water not recognized as a hazard.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Chip shot -- A short, low shot played to the putting green.
Divot -- A piece of turf cut or displaced in making a stroke. Should be replaced and stamped down.
Driver -- The #1 wood.
Eagle -- A score of two under par for any hole.
Explosion shot -- A shot played from a sand trap.
Face -- Striking surface of club head.
Fairway -- Area between a tee and the green where the grass is cut short.
Fore -- A warning call to those ahead when the ball is traveling toward them.
Green -- Putting surface around the hole.
Handicap -- Number of strokes conceded by a stronger player to a weaker player.
Hazard -- Natural or artificial obstacle other than the ordinary grass of the course.
Hole-in-one -- Hitting the ball directly into the cup on the drive; in one stroke.
Hole out -- Final stroke for a hole.
Honor -- Right to play first from a tee.
Hook -- A ball that curves left in flight. May be caused by closed stance, or by improper connection of club face with ball.
Iron -- Club with a steel head.
Lie -- Position of ball on ground. Also the angle of the club as measured from the bottom of the sole back to the shaft.
Loft -- Flight or elevation of a ball; also angle of club face.
Mashie -- #5 iron.
Match play -- Competition based on scores for each hole rather than total score.
Medal play -- Competition based on total strokes per round.
Mid iron -- #2 iron.
Par -- Standard score for hole
Penalty stroke -- A stroke added to score of individual under certain rules.
Pitch shot -- A shot played to the putting green that travels in a high trajectory.
Putt -- To stroke the ball with the putter toward the hole.
Rough -- Rough ground and long grass on either side of the fairway.
Slice -- To hit across the ball so that it curves to the right in flight. May be caused by open stance or improper connection of club face with ball.
Stance -- The position of the feet in addressing the ball.
Tee -- Elevation, of wood or plastic, upon which a ball may be placed for the first stroke on each hole.
Teeing ground -- Designated area for starting each hole.
Waggle -- Preliminary movements with the club head, forward and back, in preparation for a swing.
Whiff -- To miss the ball entirely.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment

1. Golf course

a. Layout

HOLE	YDS.	PAR	HOLE	YDS.	PAR
1	535	5	10	385	4
2	208	3	11	176	3
3	392	4	12	393	4
4	551	5	13	583	5
5	445	4	14	182	3
6	403	4	15	404	4
7	354	4	16	396	4
8	225	3	17	396	4
9	363	4	18	469	5
OUT	3476	36	IN	3384	36

THE LAYOUT OF A TYPICAL 18 HOLE GOLF COURSE

b. Official courses have 18 holes; the "front nine" (out) and "back nine" (in).

c. Holes are measured in yards and vary in length from 100 to 600 yards.

d. Each hole is assigned a par value, determined by the length and difficulty of the hole.

2. Equipment

a. Clubs

Parts

(a) Grip -- Leather or composition part at the top of the club.

(b) Shaft -- Steel tube over which the grip is placed and into which the club head attaches.

(c) Club head -- Part of the club which is used to strike the ball.

II. GENERAL DESCRIPTION - continued

C. Facilities and equipment - continued

2. Equipment - continued

b. Kinds of clubs

(1) Woods

#1 Driver -- Has longest shaft, largest head, with nearly vertical face. Used only for tee shots; gives maximum distance.

#2 Brassie -- Used for long shots; more loft to face.

#3 Spoon -- Used for short tee shots and long shots from fairway; more loft to face and shorter shaft.

#4 Cleek -- Used for long shots from poor lie; higher flight and less distance than other woods.

(2) Irons

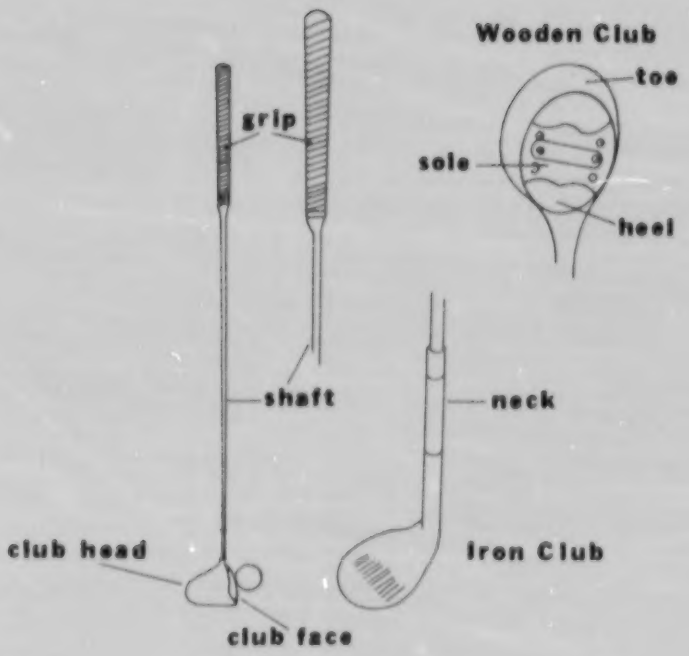
Long -- Numbers 1, 2 and 3 -- Used for long distance.

Medium -- Numbers 4, 5, and 6 -- Used for medium distances; pitching.

Short -- Numbers 7, 8, 9, and the wedge; used for lofted shots.

(3) Putter -- Used to strike the ball on the green.

Important hint -- The larger the club number, the shorter the shaft, the more loft to the face; consequently the higher and shorter ball flight.



COMPONENTS OF WOODS AND IRONS

II. GENERAL DESCRIPTION - continued
C. Facilities and equipment - continued
2. Equipment - continued
c. Balls
(1) Practice -- Made of plastic, cotton, felt.
(2) Game -- Made of rubber, steel, or plastic centers surrounded by rubber yarn and encased in a rubber cover.
d. Tees - Used to elevate ball for first drive on each hole; wood or plastic.
e. Bag -- Used to carry the clubs and other equipment.
3. Care
a. Selection -- The beginning golfer should select a basic set of matched clubs including the following - #1 wood (driver), #2 or #3 wood, 3,5,7 and 9 irons, and a putter.
b. Maintenance
(1) Clubs should be wiped dry and clean after using.
(2) Wood clubs should be waxed when clean.
(3) Irons may be oiled occasionally to prevent rusting.

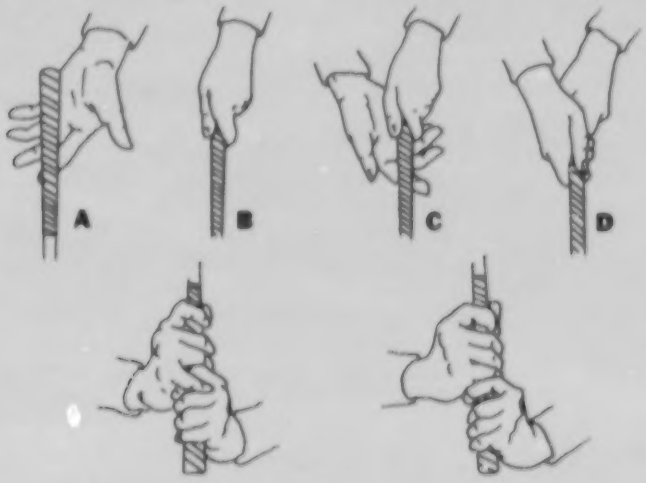
D. Courtesy and safety
1. Play without undue delay.
2. Stroke from behind the markers on the tee.
3. Allow the player winning the honor to tee first.
4. Always replace divots.
5. Smooth holes and footprints in traps when leaving.
6. Allow the player farthest away, whether on green or in the field, to stroke first.
7. Call "fore" only if there is danger that a ball will hit a player ahead.
8. Admit a penalty stroke.
9. When in a slow match, invite players following to play through.
10. Do not talk or move while a player is stroking.
11. Do not swing clubs while a player is stroking.
12. Do not hit until players ahead are out of range and have taken at least their second shots.
13. Do not take practice swings in the direction of the hole.
14. Do not press down grass or woods to get a better stroke.
15. Do not approach the green until players ahead have putted out and are off the green.
16. Do not stand near the cup when another is shooting.
17. Do not stand between the one putting and the cup.
18. Do not record scores while standing on the green.
19. Do not place a golf bag in a sand trap.
20. Do not place a bag on the green, where it may mar the surface.

III. BASIC SKILLS
A. Grip
1. Place the sole of the club flat on the ground and support the handle with the right hand.
2. Place the left hand behind the club so that the club handle extends across the middle section of the index finger and back across the palm.
3. Close the fingers and take hold of the club handle. The thumb lies along the club handle.

III. BASIC SKILLS - continued

A. Grip - continued

4. Place the right hand on the club so that the club handle lies across the middle part of the index finger. Wrap the hand around the club. The life line of the right palm is superimposed over the left thumb.
   (a) If taking the overlapping grip, let the little finger of the right hand fall naturally over the index finger of the left hand.
   (b) If taking the interlocking grip, raise the index finger of the left hand and interlock it with the little finger of the right hand.
5. The palm of the right hand faces the direction of the intended target. The palms of the hands face each other.
6. The V formed by the thumb and index finger of the left hand points in the general direction of the right shoulder.
7. The knuckles at the base of the first two fingers of the left hand can be seen.
8. The tip of the thumb and tip of the index finger will lie close together.
9. The tip of the thumb of the right hand does not extend down the shaft beyond the middle joint of the index finger.
10. The left hand is a combination finger and palm grip. The right hand is mainly a finger grip.



overlapping grip

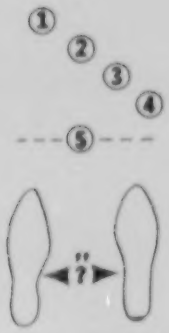
B. Stance

1. Square
   a. The feet are parallel to and equally distant from the imaginary line of the direction in which the ball is to be hit.
   b. The toes are turned slightly outward.
   c. The weight is evenly distributed over both feet, which are placed comfortably apart.
   d. Most commonly used stance for beginners and for long and medium irons.

III. BASIC SKILLS - continued

B. Stance - continued

2. Closed
   a. The right foot is placed farther back than the left foot from the intended line of flight.
   b. Used for intentional hook shots, or maximum power from tee or fairway.
3. Open
   a. Left foot is placed farther away from the intended line of flight than the right foot.
   b. Used for short irons, chipping, or intentional slice.



CLUB	FEET APART	POSITION OF BALL
1 driver	12"-14"	off instep of left foot
2 long iron	12"-14"	off heel to left foot
3 medium iron	10"-12"	midway between feet
4 short iron	8"-10"	left of center
5 putter	4"-6"	varies with player

STANCE VARIES WITH THE CLUB USED

C. Address
1. Body is fairly erect with knees flexed.
2. Body curves as though sitting on a high stool.
3. With eyes on ball, extend left arm so that it is firm and straight.
4. Place the club directly behind the ball with the bottom evenly placed on the turf and the face pointing directly along the desired line of flight.

III. BASIC SKILLS - continued

D. Body-ball position

1. The farther one stands from the ball the flatter the swing. The shorter the club, the closer one stands to the ball and the more upright the swing.
2. When using woods, the ball should be in line with the inside of the left heel.
3. When using long distance irons (2,3,4), the ball should be in line with the inside of the heel of the left foot also.
4. When using medium distance irons (5,6,7), the ball should be midway between the feet.
5. When using short approach irons (8,9, wedge), the ball should be placed slightly to the right of center.

E. Swing

1. Assume proper stance and body position behind ball.
2. Upper arm rests slightly against side of body, left arm fully extended but not tense or stiff.
3. Backswing
   a. Start with a backswing of club through a large circle.
   b. Arms and shoulders pull the club backward and upward to the right.
   c. Weight is shifted to right foot.
   d. Shoulders turn as upper body pivots with hips.
   e. Left arm remains straight as wrists cock and swing club in upward arc.
   f. Right elbow remains bent and pointing downward.
   g. Head remains stationary looking at ball over left shoulder.
   h. Club is horizontal to ground behind the neck with club head pointing in the direction the ball is to go.

DOWNSWING

III. BASIC SKILLS - continued

E. Swing - continued

4. Downswing and follow-through
   a. Right elbow moves toward body as left hip leads the body and pulls arms into hitting area.
   b. Club is swung downward and through to hit the ball.
   c. Continue swing to complete follow-through.
   d. At completion of swing, the weight is on left foot, hands are high with left elbow pointed to ground.
   e. The head does not turn to follow flight of ball until after ball is hit (not as ball is hit.)
   f. Concentrate on full circle swing - not on attempt to hit ball. As swing is completed, ball will be hit.
5. Fractional swings
   a. Full swings not necessary for some shots.
   b. Quarter swing
   c. Half swing
   d. Three-quarter swing

FRACTIONAL SWINGS

F. Wood shots
1. Use square or slightly closed stance, feet 10"to 14" apart.
2. Use a full swing for maximum power.

G. Long and medium iron shots
1. Use square stance for normal flight.
2. Stand slightly closer to irons than woods so that the swing will be more upright.
3. Play long irons two or three inches to right of the left foot.
4. Play medium irons from the center of the stance.

H. Short iron shots
1. Use square to open stance with feet six to ten inches apart.
2. Play the ball from the center of the stance to two or three inches to the right of center.
3. The body is close to the ball; the arms close to the body.
4. Use a fractional swing for distance desired.

I. Chip shot
1. Made when ball is close to the green; should carry to the green and roll the rest of the way to the hole.
2. Use a number 4,5,6, or 7 iron, occasionally an 8 or 9 iron.
3. Keep the feet close together and the weight on the left foot as the ball is played in line with the right heel. Little body motion or weight transfer.
4. Grip club low on handle, hands ahead of club to limit loft.
5. Use a short, rhythmical backswing.

J. Pitch shot
1. Pitch carries ball through the air in high approach toward the green, where it stops quickly upon contact with the ground.
2. Use a number 7,8, or 9 iron.
3. Use an open stance close to the ball, with the right elbow close to the right hip.
4. Use a minimum body action with a fractional swing.
5. Follow through with club head pointing toward target.

III. BASIC SKILLS - continued

K. Bunker shots

1. Use a sand wedge or number nine iron.
2. Play the ball in line with the left heel.
3. Anchor the feet and aim an inch or two behind the ball.
4. Take a full swing and follow through completely.
5. Explosive shot is the safest when the ball is buried or must rise over a bank.
6. The club must not be grounded or touch the sand on the backswing.

L. Putting

1. Most individualized skill of golf.
2. Use preferred grip of individual.
3. Take a square stance, with the feet 10 to 12 inches apart. Bend from the waist so that the eyes are directly over the ball. Lock the stance.
4. Keep the hands even with the ball, with the right elbow resting comfortably on the right hipbone, the left elbow barely touching the left side.
5. Keep the head, hips and shoulders steady as hands and wrists take a short, controlled backswing.
6. Bring the club head straight back, then through the ball, following through directly toward the hole.

IV. RULES AND SCORING

A. Rules

1. No more than 14 clubs may be carried.
2. At the beginning of each hole the ball should be teed between the tee markers and no more than two club lengths behind the markers.
3. An intentional swing at the ball, whether a hit or a miss, counts as a stroke.
4. After tee shots, the player whose ball lies farthest from the hole plays first.
5. Loose impediments may be removed if hindering a stroke (except in hazards); however, no growing vegetation may be removed.
6. A ball lying near an unnatural obstacle, such as a bench or hydrant, may be moved no more than two club lengths, but never nearer the hole, without penalty.
7. A ball in casual water (e.g., rain water or leakage) may be dropped over the golfer's shoulder with no penalty.
8. If a ball lies against a tree or obstacle where it is unplayable, another ball may be dropped within two club lengths of the original ball. Add a penalty stroke and play from the new lie.
9. When a ball is believed lost or out of bounds, a player may:
   a. Play a provisional ball.
   b. Drop another ball, under penalty of one stroke, within two club lengths of the place where the original ball last crossed the boundary line.
   c. Return to the spot where the original ball was played and play again, counting all strokes and adding a penalty stroke.

IV. RULES AND SCORING - continued

A. Rules - continued

10. When a ball drops in a water hazard, the player, under penalty of one stroke, may drop a ball behind the hazard, keeping the spot where the ball crossed the water between her and the hole; or she may play another ball as near as possible to the spot from which the original ball was played.
11. Play the ball as it lies. A ball may be lifted on the putting green only.
12. When a ball rests in a hazard, the club must not be grounded in preparation for the stroke.

B. Scoring

1. Stroke play
   Winner is the golfer using the least number of strokes over the designated course.
2. Match play, or hole play.
   Winner is the player who wins the greatest number of holes from her opponent, regardless of the final stroke total.
3. Score cards
   Contain information about length of each hold, total course yardage, course marking, par values, handicap stroke ranking, local course rules

V. BIBLIOGRAPHY

27, 36 (see complete bibliography)

GYMNASTICS

I. HISTORY

Gymnastic activities were popularized by the ancient Greeks,who used them for youth development programs. There is evidence that early inhabitants of Persia, China, and Egypt engaged in gymnastics also.

Our first American programs in school physical education, patterned upon those found in Germany, Sweden, and Denmark, were largely centered around gymnastics. These earl; programs became more modified,and informal activities became more popular in the early 1900's. It was only in recent years that gymnastics began to appear again in school physical education programs. Touring teams from Denmark and Sweden have helped increase interest in this sport in America. Tryouts for membership on the United States gymnastic teams attracts more outstanding gymnasts than ever before.

International and National competition includes four different events. Requirements include two routines at each area, one compulsory and one optional.

II. GENERAL DESCRIPTION

A. Equipment
   1. Mats
   2. Side horse or Swedish box
   3. Uneven parallel bars
   4. Balance beam
   5. Reuther board

B. Costume
   1. Leotards
   2. Ballet-type soft-soled shoes

C. Safety precautions
   1. Magnesium carbonate chalk should be rubbed on the palms to keep them dry.
   2. Fundamental skills should be mastered before attempting more advanced activities.
   3. All apparatus should be well padded with mats and with ample clearance space.
   4. Spotting is an absolute must.
   5. Each student should be in good physical condition.
   6. Perform no activities unless the teacher is present.
   7. Do not wear jewelry in gymnastics.
   8. Hair must be worn off the face.
   9. Fingernails must be cut short.

III. GYMNASTIC EVENTS

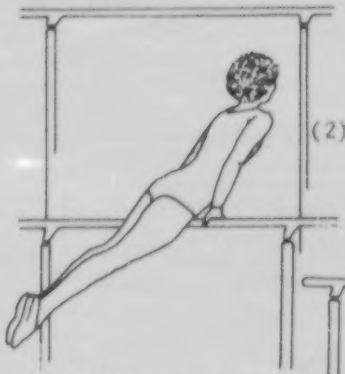
A. Uneven parallel bars

1. Mounts

a. Level 1

(1) Mount to a straight-arm support

Facing the low bar, use a regular grip, fingers on top of the bar, and spring upward toward the bar. Support your body with straight arms, and rest your thighs against the bar. Hold your head and chest up. Keep your legs straight and your toes pointed.



MOUNT TO A STRAIGHT-ARM SUPPORT

(2) Cross-seat mount

Stand between the bars, facing the far end, with your right shoulder next to the low bar. Jump up and grasp the high bar with your left hand and the low bar with your right hand. Swing both legs up and over the low bar to a cross seat.

CROSS-SEAT MOUNT

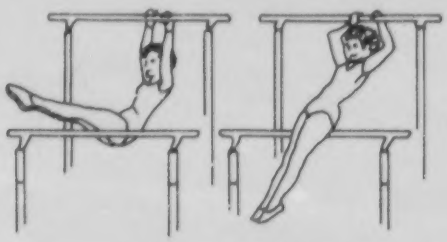
b. Level 2

(1) Single-leg swing-up

Face the low bar. Grasp the bar with your hands shoulder width apart. Jump and bring one leg between your arms and over the bar. In this knee-hang position, allow your body to swing forward. As the return swing is completed, drive your free leg down and pull with your arms. Come to a seat on top of the bar.

(2) Shoot over low bar from a hang on the high bar

Stand facing the high bar on the near side. Jump and grasp the high bar. Swing both legs up and over the high bar. Finish with the back of your thighs resting on the low bar.



SHOOT OVER LOW BAR FROM A HANG ON THE HIGH BAR

III. GYMNASTIC EVENTS - continued

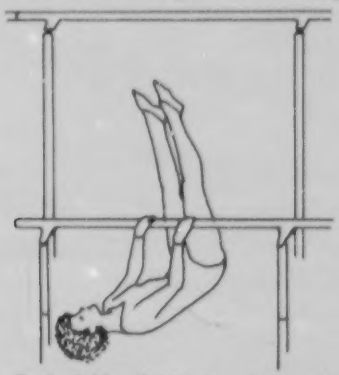
A. Uneven parallel bars - continued

1. Mounts - continued

c. Level 3

(1) Back pull-over

Facing the low bar, grasp the bar with both hands in an over grip, the back of your hands facing you. Pull toward the bar with your arms and lift one leg up and over the bar. Follow immediately with the other leg. Continue the circle until a straight-arm support is achieved.



BACK PULL-OVER

(2) Flank mount

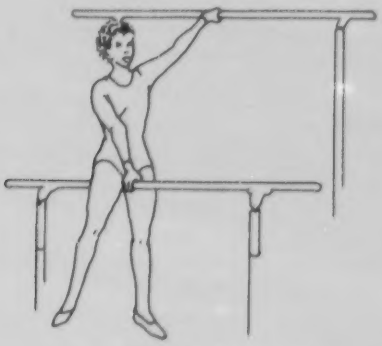
Face the low bar. With a running takeoff, execute a flank vault over the low bar. Release your left hand and grasp the high bar. Keep the right hand on the low bar. Turn to a side seat on the low bar, facing the high bar, with both hands on the low bar.

2. Movements

a. Level 1

(1) Crotch seat

From a straight-arm support on the inside of the low bar, bring your right leg up and over the bar. Come to a crotch seat with your left hand on the high bar and your right hand on the low bar.



CROTCH SEAT

III. GYMNASTIC EVENTS - continued

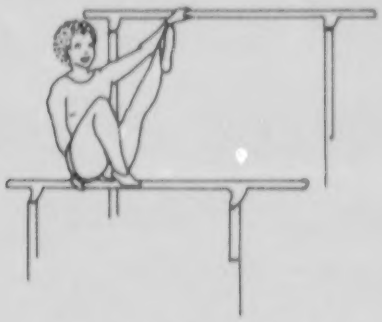
A. Uneven parallel bars - continued

2. Movements - continued

a. Level 1 - continued

(2) Seat balance

From a crotch seat on the low bar, bring your right foot, with knee bent, up on to the bar. Extend your left leg, with toes pointed, diagonally upward and hold the high bar with your left hand.



SEAT BALANCE

b. Level 2

(1) Scale

The scale is usually started from a right-leg squat. Straighten your right leg and extend your left leg, with toes pointed backward and parallel to the bar. Hold the high bar with your left hand and extend your right arm forward.

SCALE

SWAN

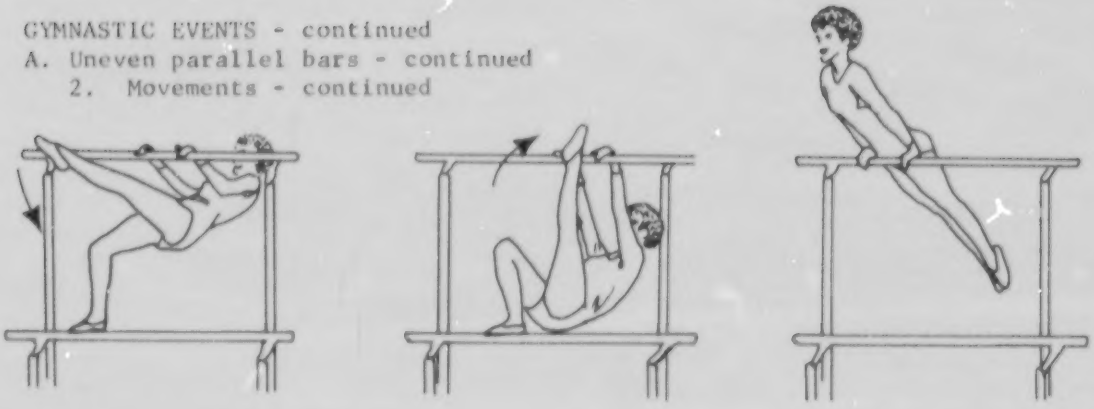
(2) Front support on the high bar

From a squat or scale, swing your left leg up and over the high bar. Follow with your right leg. Come to a front support.

(3) Swan

From a straight-arm support on the high bar, hold your arms to the sides and execute a swan position on the bar. You must balance your body at the hips. The hips are the only portion of your body in contact with the bar.

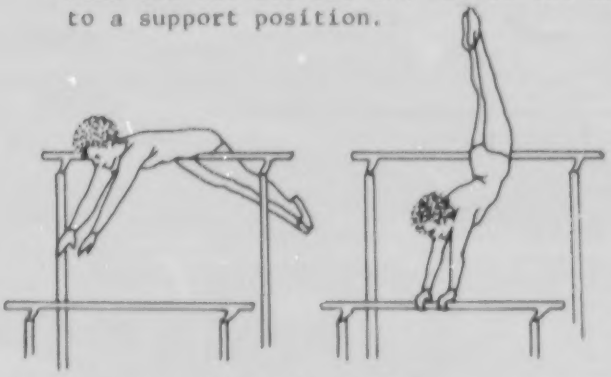
III. GYMNASTIC EVENTS - continued
A. Uneven parallel bars - continued
2. Movements - continued



KICK OFF LOW BAR TO A SUPPORT

c. Level 3

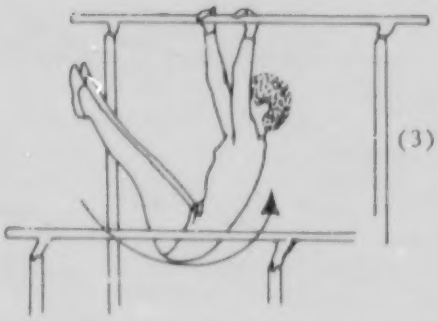
(1) Kick off low bar to a support
From a hanging position on the high bar, swing and place your feet on the low bar. Push off the low bar and circle the high bar to a support position.



THIGH REST

(2) Thigh rest
From a front rest on the high bar, drop forward and grasp the low bar with both hands. Keep your arms straight. Arch your back. Rest your thighs on the inside of the high bar in a handstand position.

(3) Double-leg circle over low bar
From a hang on the high bar, swing your legs up and over the low bar. Continue the movement through to a hang again.



DOUBLE-LEG CIRCLE OVER LOW BAR

III. GYMNASTIC EVENTS - continued

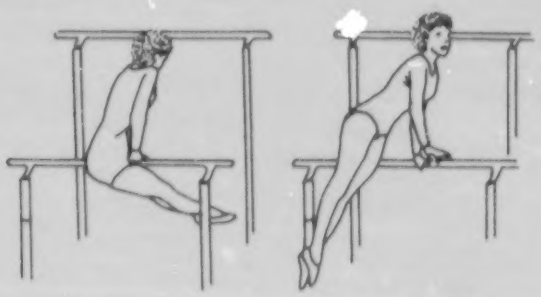
A. Uneven parallel bars - continued

3. Dismounts

a. Level 1

(1) Cast-off with a quarter turn

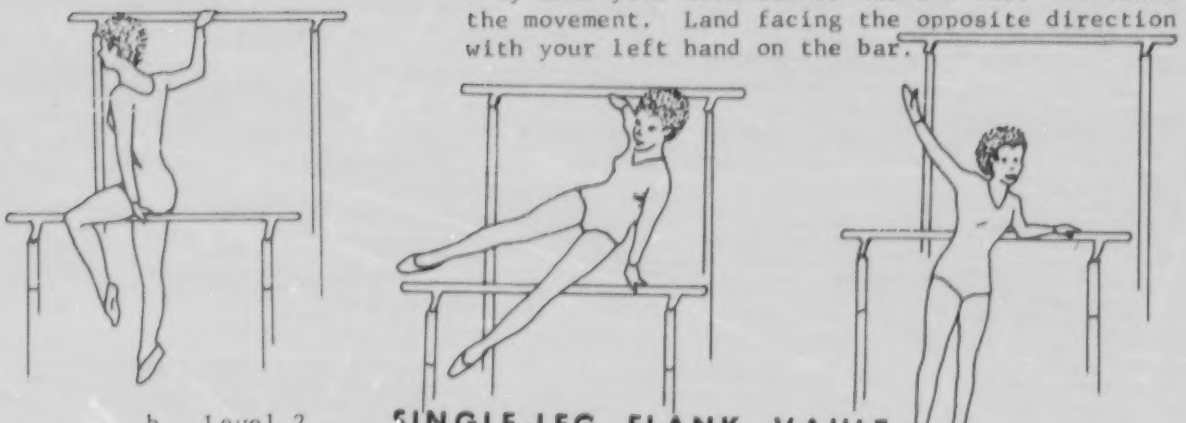
From a straight-arm support on the low bar and facing the high bar, allow your legs to swing under the bar slightly. Then force them backward as they lift off the bar. Push with your arms and turn your body one quarter turn. Finish with your left hand holding the bar.



CAST-OFF WITH A QUARTER TURN

(2) Single-leg flank vault

Start from a crotch seat on the low bar with your right leg straight between the bars. Hold the low bar with your left hand and the high bar with your right hand. Swing your right leg up and over the bar. Support your body with your left arm on the low bar. Continue the movement. Land facing the opposite direction with your left hand on the bar.



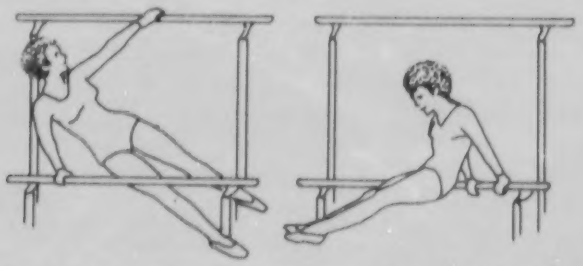
SINGLE-LEG FLANK VAULT

b. Level 2

(1) Rear vault with a quarter turn

Start the vault from a cross rest, left hand on the high bar and right hand on the low bar. Swing your legs up forward over the low bar. Push off from the high bar and grasp the low bar with both hands. Keep your body in L position, and push off to a dismount to the mat.

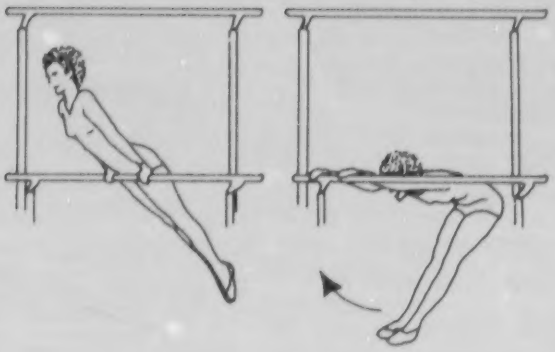
III. GYMNASTIC EVENTS - continued
A. Uneven parallel bars - continued
3. Dismounts - continued
b. Level 2 - continued



REAR VAULT WITH A QUARTER TURN

(2) Forward-roll dismount
From a stand on the low bar facing the high bar, lean on the high bar. With a reverse grip, roll over the bar to a straight hang. On the forward swing, snap out and away from bar to the mat.

c. Level 3
(1) Underswing
From a straight-arm support on the low bar, back toward the high bar, swing your legs slightly backward. Start a hip circle backward but, at the bottom of the swing, shoot your feet up and away from the bar. Arch your back after releasing the bars. Land on the mat in an erect position.



UNDERSWING

III. GYMNASTIC EVENTS - continued

A. Uneven parallel bars - continued

3. Dismounts - continued

c. Level 3 - continued

(2) Front vault from high bar over the low bar
From a lying position on the high bar, lean forward to the low bar. Grasp it with a mixed grip: left hand underhand and the right in an over grip. Spring both legs over the high bar in a front vault.

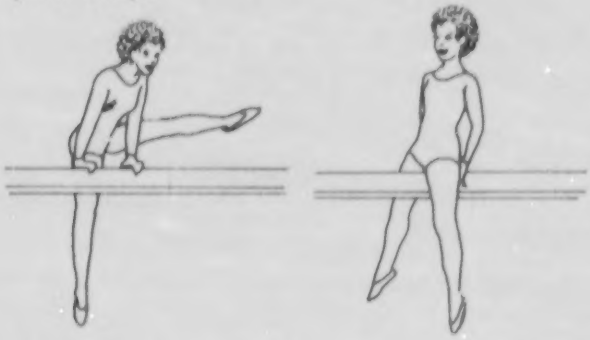
FRONT VAULT FROM HIGH BAR OVER THE LOW BAR

B. Balance beam

1. Mounts

a. Level 1

(1) Straight-arm support
Approach the bar from a stand or take one or two running steps. Place your hands, shoulder width apart, on top of the beam. Jump up to a straight-arm support with your thighs resting on the beam. Keep your head up and arch your body.



CROTCH-SEAT MOUNT

(2) Crotch-seat mount
Jump to a straight-arm support. Swing your right leg over the beam and make a quarter turn left over the beam. Keep your hands on the beam in back of your body for support.

III. GYMNASTIC EVENTS - continued

B. Balance beam - continued

1. Mounts - continued

b. Level 2

(1) Step up

Take several steps parallel to the beam. Place your inside hand on the beam. Push your body from the floor with your outside foot. Lift your inside knee high and place your foot on the beam. Push with your inside hand and come to a stand on the beam.

(2) Squat

Jump into a straight-arm support position, but bring both legs in between your arms. Come to a squat position with both feet on the beam and your hands outside your feet.

(3) One knee

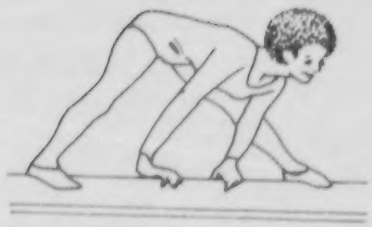
Jump to a straight-arm support with one knee between your hands on the beam. Stretch your other leg backward parallel to the floor. Point your toes.

ONE-KNEE MOUNT

c. Level 3

Straddle

Jump to a straight-arm support. At the same time, spread your legs and place your feet on the beam outside of your hands. Keep your hands on the beam for support. Keep your knees straight.



STRADDLE MOUNT

III. GYMNASTIC EVENTS - continued

B. Balance beam - continued

2. Movements

a. Level 1

(1) Walk

Practice walking forward and backward on the beam until it becomes as easy and natural as walking on the ground. As you achieve success, take a small dip of the knee with each step. When you make the dip, allow your free foot to drop slightly below the beam. Swing your arms freely and gracefully as you move along the beam. Keep your posture erect at all times.

(2) Runs

Take small running steps on the beam. Try to establish a smooth rhythm. As your skill increases, lengthen your steps and change your rhythm.

(3) Jumps

Jump first from a stand on your right foot to a stand on your right foot. Practice this jump until you are successful in maintaining your balance. Jumps may then be done from a run, a dip, or a squat position on the bar.

(4) Turns

The easiest turn to make on the beam is a pivot. With one foot forward of the other, rise on the balls of both feet and turn your body 180 degrees. Lower your weight to the full walking position.

b. Level 2

(1) Balance seat

Come to either a cross seat or a crotch seat on the beam. Raise both of your legs to make a V with your trunk. Keep both of your hands on the beam behind your body for balance.

BALANCE SEAT

III. GYMNASTIC EVENTS - continued

B. Balance beam - continued

2. Movements - continued

b. Level 2 - continued

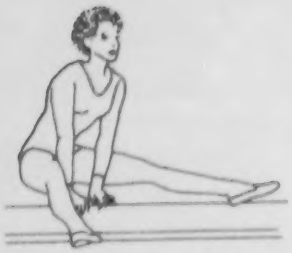
(2) Front scale

Stand on one foot. Lower your trunk until it is parallel to the beam. Raise your free leg backward until it is also parallel to the beam. Extend your arms to the sides gracefully.

(3) Knee scale

Kneel on the beam with one knee behind the other. Lifting your rear leg until it is parallel to the beam, lean forward and place both hands on the beam in front of you for support.

KNEE SCALE



STRADDLE HOLD

(4) One-leg squat

Start this movement from a standing position on the beam. Lower your body into a full squat on one leg. Lift the other leg until it is parallel to the beam.

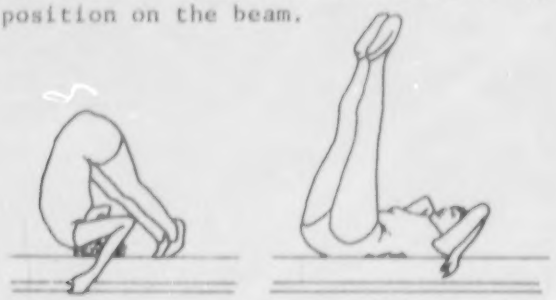
c. Level 3

(1) Straddle hold

From a straddle support, balance your weight on your hands between your legs. Lower your legs forward and free from the beam. Support your weight on your straight arms.

(2) Forward shoulder roll

Start from a kneeling position. Place your head and one shoulder on one side of the beam. Grip the beam so that your fingers are holding on to the underside of the beam. Move your hips slowly up and forward as you do in a forward roll on the mats. Continue the roll until you reach a full lying position on the beam.



FORWARD SHOULDER ROLL

III. GYMNASTIC EVENTS - continued

B. Balance beam - continued

2. Movements - continued

c. Level 3

(3) Shoulder balance

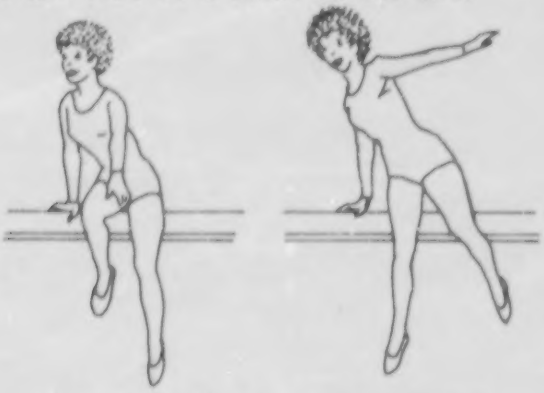
Start from a kneeling position. Place one shoulder on the beam. Your hands should grip the underside of the beam. Lift your hips by pushing gently with both of your legs. Lift both of your legs over your head and take a shoulder balance on the beam.

3. Dismounts

a. Level 1

Side-seat dismount

From a side seat on the middle of the beam, lean forward and place your right hand on the beam. Swing your outside leg backward. At the same time, push on your inside arm to lift your body from the beam. Move your body slightly to the side and come to a stand on the mat.



SIDE-SEAT DISMOUNT

b. Level 2

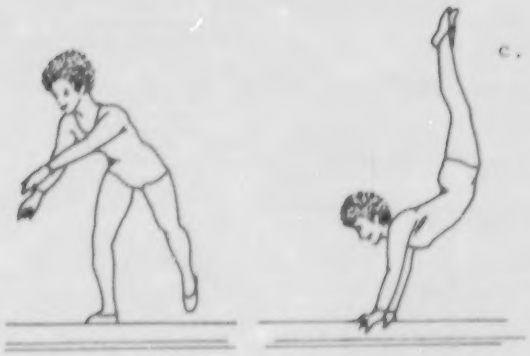
Front-vault dismount

Start from a front leaning rest with your weight distributed on both feet and hands. Kick up one leg and follow immediately with the other. At the same time, move your body slightly to the side. Come to a stand on the mats.

c. Level 3

Hand-balance dismount

From a standing position on the beam, swing your arms down as though to start a hand stand. Raise your legs into a partial hand balance. Move your body slightly to one side and do a high front-vault dismount.



HAND-BALANCE DISMOUNT

III. GYMNASTIC EVENTS - continued

C. Horse

1. Height of horse is 43 3/8".
2. Skills involved in all vaults
   a. Run - Smooth, unbroken rhythm with speed accelerated near takeoff board.
   b. Jump
      (1) Hurdle - A step onto one foot and a little hop onto two feet for spring into air, arms thrown backward.

      (2) Jump - With the spring from the board, arms are thrown forward, body is extended towards the horse as legs give impetus. Arms remain straight.
   c. Vault - Hands touch horse and push off to propel body off and beyond horse. Usual points of form regarded, toes pointed, legs extended.
   d. Dismount - Land in vertical position with slight bending of legs to absorb shock.
3. Kinds of vaults
   a. Squat vault
      (1) Hands placed well on top of horse, palms flat.
      (2) Feet together, knees tucked into chest, toes pointed.
      (3) Straighten body after leaving horse.

SQUAT VAULT

III. GYMNASTIC EVENTS - continued

C. Horse - continued

3. Kinds of vaults - continued

b. Straddle vault

(1) Hands placed well on top of horse, shoulder distance apart, palms flat.

(2) Wide straddling of legs, knees straight, toes pointed, head up, elbows straight.

(3) Straighten body to vertical before landing.

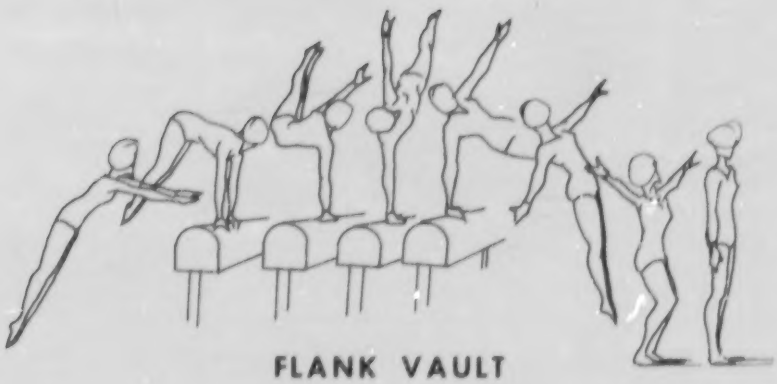
STRADDLE VAULT

c. Flank vault

(1) Hands placed well up on horse.

(2) Legs together, toes pointed, chest and head up during vault.

(3) Body passes well above the horse during vault.



FLANK VAULT

RATING: 7.0

III. GYMNASTIC EVENTS - continued

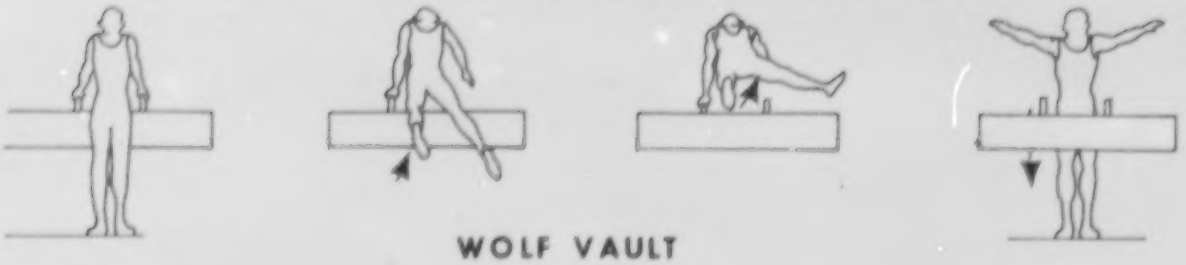
C. Horse - continued

3. Kinds of vaults - continued

d. Wolf vault

(1) One leg in squat position, one in straddle position.

(2) Release the hand on the side of the extended leg early to allow the leg to pass over the horse.



WOLF VAULT

e. Thief vault

(1) Running approach with a one-foot takeoff.

(2) Extend the leading leg over the horse, then bring the takeoff foot to meet it before the hands touch the horse.

(3) As hips pass over the horse, push off from the pommels with hands.

THIEF OR WINDOW VAULT

RATING: 7.0

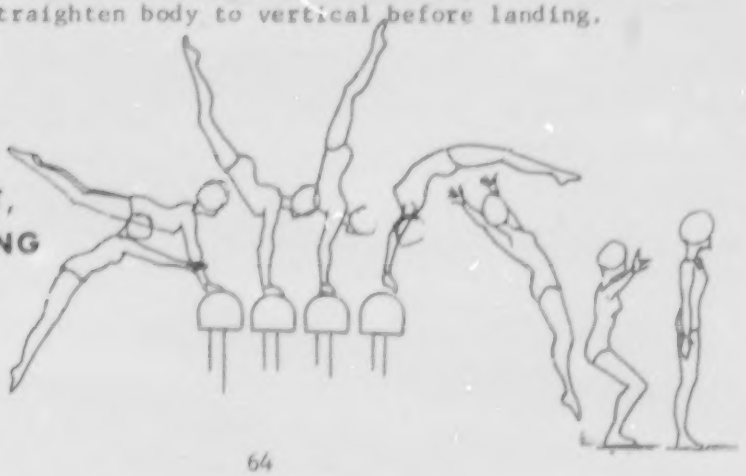
f. Handspring

(1) Hands on top of horse.

(2) Legs straight and together, with pointed toes, arms straight, head up.

(3) Push off with hands for after-flight.

(4) Straighten body to vertical before landing.



STRAIGHT BODY ASCENT, STRAIGHT ARM HANDSPRING

RATING: 10.0

III. GYMNASTIC EVENTS - continued

D. Free exercise

1. Routines usually begin with tumbling and stunts, followed by a series of ballet movements, followed by another series of tumbling and stunts.
2. Free exercise is done on a bare floor, but routines should first be learned on mats.
3. Area involved is approximately 40' x 40'.
4. Execution of routine is confined to between one and one and one-half minutes and is done to music, one instrument only.
5. Types of movements:
   a. Leaps
      (1) Split
      (2) Stag
      (3) Scissors
      (4) Tuck
      (5) Tour Jete
   b. Poses or creative movements
      (1) Arabesque and scales
      (2) Ballet point
      (3) V-seat
      (4) One-leg squat
      (5) Lunge
      (6) Stag arch
   c. Tumbling
      (1) Body waves
      (2) Rolls
      (3) Backbends
      (4) Handstands
      (5) Cartwheels
      (6) Round-off
      (7) Splits
      (8) Walkovers
      (9) Handsprings
      (10) Swedish fall
      (11) Valdez

BALLET POINT

NEEDLE SCALE

VALDEZ

BODY WAVE

FRONT WALKOVER

IV. SPOTTING

A. Each event involves specific spotting techniques which space does not permit for inclusion in this handbook.

B. One of the best sources for spotting techniques, as well as skills to be learned on each piece of equipment is Gymnastics for Women by Blanche Drury and Andrea Schmid.

V. SCORING AND JUDGING

A. Five judges rate each event independently.

B. Each judge has a possible ten points to award a competitor.

C. Of the five marks obtained by each competitor, the highest and lowest marks will be eliminated and the average of the three remaining marks calculated.

D. The judge must score the routine on difficulty, composition and technical value, execution and general impression.

VI. BIBLIOGRAPHY

3, 12, 16, 17, 23, 32, 35 (see complete bibliography)

DECK TENNIS

I. HISTORY

The game was originated by Cleve F. Schaffer as a game for a restricted playing area. Its first popularity was attained as a shipboard game and later it was widely used on playgrounds, in recreation centers, and other places where space was limited. Other names used are Ring Tennis, Quoit Tennis, or Tenikoit.

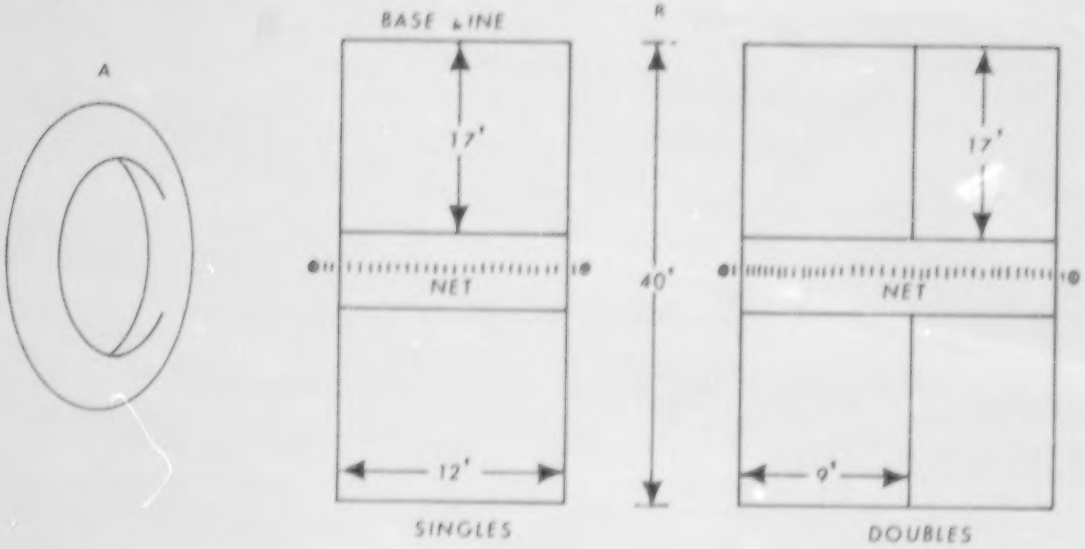
II. GENERAL DESCRIPTION

A. Game

The object of the game is to toss the rubber ring over a net into the opponent's court. Not a true game of the tennis type in that ring is thrown and caught rather than batted.

B. Facilities and equipment

1. Court - official court
   a. 18' by 40' doubles; 12' by 40' singles.
   b. Net 4'8" high.
   c. Neutral area - 3' each side of net.
   d. Alley lines - 3' from each side line of double court dimensions. By eliminating the alley space, a doubles court can be used for singles play.



A, DECK TENNIS RING. B, COURT MARKINGS.

II. GENERAL DESCRIPTION - continued
B. Facilities and equipment - continued
2. Equipment
a. Deck tennis ring - 6" in diameter.
b. Can be constructed of
(1) Rope, one-half inch thick with ends spliced.
(2) Sponge rubber.
(3) Inflated rubber.
C. Players
1. Singles
2. Doubles
3. Team deck tennis

III. BASIC SKILLS
A. Ready position
1. Side stride position, or a forward stride position with left foot slightly forward.
2. Ankles, knees, and hips slightly flexed, and weight on balls of feet.
3. Elbows slightly flexed; hands relaxed and held in front of the body.
4. Entire body alert, but not tense; maintain good balance in order to move in any direction.
B. Throwing
1. Cross-body service or return
a. Hold ring parallel to the ground in the right hand in front and to the left side of the body, right elbow flexed and wrist cocked back.
b. Spread four fingers beneath ring and the thumb on the top.
c. When throwing extend the right arm forward and snap the wrist forward, still keeping the ring fairly flat. Time the release to go in desired direction.
2. Underhand service or return
a. The ring is held at the right side, with the back, side or front of the wrist toward the net.
b. The ring is released with a wrist snap forward.
3. Overhead return
a. Ring caught and thrown from position above shoulder, and there is no backswing.
b. Ring must not be further elevated and the wrist is turned down and the ring propelled with a tossing motion of the wrist.
C. Catching
1. Get the body in line with oncoming ring. Have good body balance and be in position to make catch part of the throw.
2. Reach out with relaxed hand, arm, and fingers, let ring come into hand. "Give" with the catch.
3. Do not grab at or hold the hands tense as the ring will usually rebound out of the hand if you do.

IV. RULES AND SCORING

A. Singles

1. Players stand on opposite sides of net. Player delivering the ring is the "server," his opponent the "receiver."
2. Score only gained from service.
3. Server shall stand on or behind the base line in delivering her ring, shall not serve until opponent is ready, and immediately after serving shall move forward into the court.
4. Server shall not feint or hesitate in delivering, nor shall she practice any obscure motions with intent to deceive her opponent.
5. The server shall direct the ring so that it rises at least six inches after it leaves her hand.
6. Only one hand may be used in catching the ring, but the ring may be caught between the hand and the body. On no account may both hands be used.
7. If server throws the ring into the net, no point is scored or lost, but service passes to opponent.
8. If in the service the ring touches the top of the net and passes over, falling into "dead ground" or the "neutral area" or outside the boundaries of the court, no point is scored or lost but service changes hands.
9. The receiver shall have the option of accepting any ring which touches the net in the service and passes over, if she is of the opinion it is likely to fall in her own court. If she does not wish to do so and the ring falls within the boundaries of the court, the service shall be played again. After service a ring which passes over after touching the net is playable.
10. The ring must be promptly returned by the player from approximately the receiving position until one side does not make the returns or plays it in "dead ground" or outside the boundaries of the court.
11. The ring must not touch the surface of the court in play and the players' feet must not step into the "dead ground" running along side the net or outside the boundaries of the court, but their feet may touch the boundary lines, although they may not cross same.
12. Any ring landing or falling on any boundary lines is regarded as being in play even though it may roll out of court.
13. Each point shall count one. The first player to score 15 points is the winner, unless prior to the commencement of the game it shall have been decided to play Long Sets, in which case when a game has reached 14-all, it is necessary for one player to secure an advantage of two points over her opponent.
14. The players shall play the best of three games, changing ends at close of each game, and if in the third game one player shall score eight points before his opponent scores, the players shall change ends for remainder of the game.
15. At no time shall a player catch the ring with one hand and change it to the other before making a return; nor allow the ring to slide over the wrist in making a catch; nor shall he juggle the ring (make more than one contact with it in catching it).

IV. RULES AND SCORING - continued

B. Doubles

1. Principles similar to singles except two persons shall stand on each side of net and the service alternately passes diagonally to an opponent.
2. The first service shall be from the right hand court, and if the service is won the server then delivers her next ring from the left hand court, her partner standing in the other court.
3. After losing her service the player takes up her position in the right-hand court and becomes the first receiver. When the service again changes hands it is taken by the player who has been on the left hand side of the court, and in this way rings are served and received alternately by each player.
4. A ring may be caught by one hand of each partner, but must be returned by one player only, and a ring may be caught and returned by a player even though it may have touched her partner's hand or body, provided the ring does not touch the surface of the court.

V. BIBLIOGRAPHY

21, 31, 33, 34, 36, 37 (see complete bibliography)

HORSESHOES

I. HISTORY

Pitching horseshoes is truly an American sport that dates back over 100 years. Originally it was a barnyard sport called "barnyard golf". Old horseshoes and pieces of pipe served as the first equipment. The purpose of the game is not to break records, but to relax and have fun. As an American sport, it is a fine family game for the young as well as oldsters. The National Horseshoe Pitchers' Association of America and the Amateur Athletic Union of the United States publish rules for the sport.

II. GENERAL DESCRIPTION

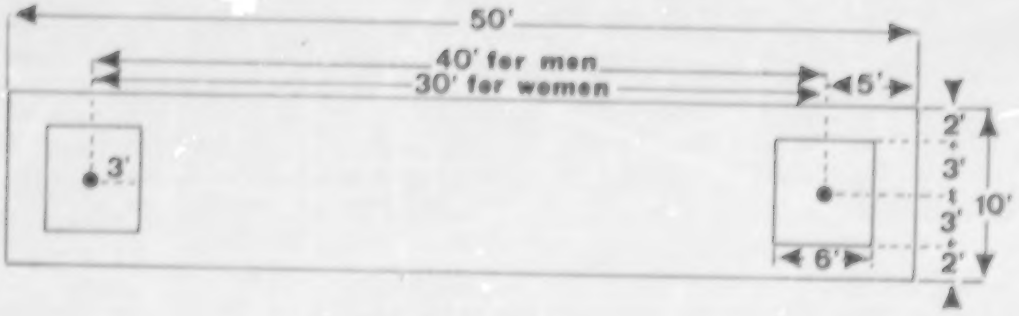
A. Game

1. The object of the game is to pitch the horseshoes so that they encircle the stake or land closer to the stake than those of the opponents.
2. Each game is divided into innings and each inning constitutes the pitching of four shoes--the two players each pitching two shoes.
3. An official game consists of 50 points; there are 21 points to a league game.

B. Facilities and equipment

1. Playing area
   a. A court 40' x 10' is the official size for women.
   b. The distance between stakes is 30'. The stakes shall extend 12" above the surface with a 3" incline towards opposite stake.
   c. The pitcher's box should be 6' square and the bases around the stake should be filled with clay or soft dirt.
2. Equipment

   Two pairs of matched and marked horseshoes approximately 2½ pounds in weight, 7½" in length and 7" in width.



HORSESHOE COURT

II. GENERAL DESCRIPTION - continued

C Players

1. In singles (two players) each player tosses two shoes consecutively toward the same stake.
2. In doubles (four players) two opponents stand at one stake while their partners stand at the other. The first two players each pitch two shoes consecutively and then score. Then the other two each pitch two shoes and then score.

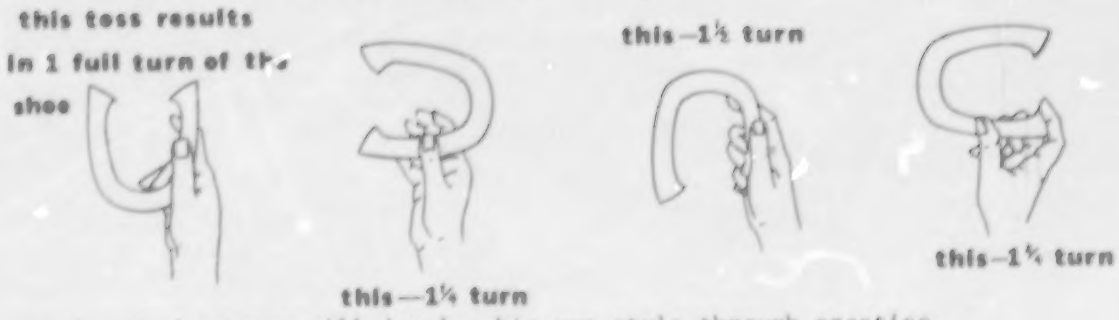
D. Courtesy

1. No player should indulge in heckling or unfair rooting against any pitcher.
   Note: penalty - both shoes of offender declared foul (not scored) in that inning.
2. No player shall touch any shoes until winner and points of inning have been agreed on.
3. No player shall walk to the opposite stake or be informed of the position of shoes prior to the completion of an inning.
4. Opponent of the pitcher must remain outside the court behind the pitcher.
5. All contestants shall pitch both shoes into the opposite pitcher's box or forfeit the value of one point to his opponent.

III. BASIC SKILLS

A. How to hold the shoe

1. There are four basic ways to hold the shoe



2. Each person will develop his own style through practice. Experts do not advocate any one way.

B. How to pitch the shoe

1. Use underhand toss.
2. Make toss smooth and even.

IV. RULES AND SCORING

A. Rules

1. The first pitch choice is determined by the better toss (nearest the stake) of one shoe. Thereafter, the lead-off pitcher is the one who scored last.

IV. RULES AND SCORING - continued

A. Rules - continued

2. Each player pitches both shoes in turn at the same stake, then at the opposite one. The winner of each try is the one who has pitched the shoes nearest the stake.
3. In case of a tie, the person who pitched last will pitch first in the next inning.

B. Scoring

1. Each shoe to score must fall within 6" of the stake.
2. The shoe closest to the stake scores one point.
3. If two shoes land closer than the opponent's, two points are scored.
4. One ringer scores three points.
   Note: A ringer is a shoe that encircles the stake far enough to permit a straight edge to touch both heel calks simultaneously.
5. Two ringers score six points.
6. One ringer and the closest shoe of same player scores four points.
7. If a contestant has two ringers and his opponent one, the player having two ringers scores three points.
8. All equals count as ties and no points are scored.
9. A leaning shoe has no value over one touching the stake.

V. BIBLIOGRAPHY

1, 14, 15, 21, 29, 34 (see complete bibliography)

SHUFFLEBOARD

I. HISTORY

Modern shuffleboard is derived from an English game, variously called "shovegroot" and "shovepenny", which was played in the 15th century. This forerunner also was played in colonial America. Late in the 19th century a less formalized version of the modern game became popular on ocean liners. The National Shuffleboard Association, formed in 1930, standardized rules and conducted annual tournaments. Its headquarters are in Clearwater, Fla. In the United States, Florida is a major center of the game.

II. GENERAL DESCRIPTION

A. Game

1. The game of shuffleboard is played either by two persons (called singles) or by four persons (called doubles).
2. The object of the game is to propel discs by means of a cue on to scoring diagrams at opposite ends of the court to score, to prevent the opponent from scoring, or both.
3. In singles, the contestants stand at one end of the court, behind the minus 10 zone, and alternately slide the eight discs in the direction of the triangle at the other end. Then the procedure is repeated from the other end.
4. In doubles, one member of each team performs from a given end of the court. His partner slides the discs from the other end, and there is no rotation of position.
5. The game is won by the first player or team to score 50, 75, or 100 points, according to a prior agreement.
6. In the event both players or sides score more than the specified total, the one with the higher total wins.

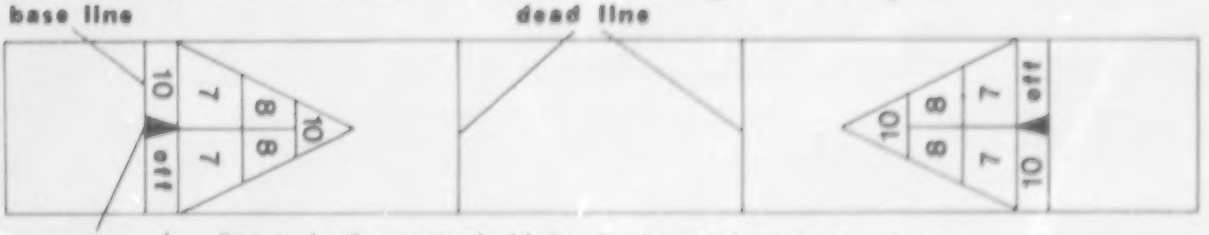
B. Facilities and equipment

1. Court

a. The court shall measure 52' in length and 6' in width.

b. The playing surface shall be concrete or terrazzo.

c. The court shall be marked according to the diagram.



separation triangle

d. One end of court shall be designated as Head of Court; the opposite end as Foot of Court.

II. GENERAL DESCRIPTION - continued
B. Facilities and equipment - continued
2. Equipment
a. Discs shall be made of wood or composition-- four of which are red, four black (or green). These eight discs comprise a set.
b. Each player shall have a cue (a stick used to propel the discs). No metal parts on the cue shall touch the playing surface of the court.

III. BASIC SKILLS
A. Individual skills
1. The cue is usually held in just one hand, at the end, and with a light grip.
2. The player bends to sight and get ready for her shot, and then when she pushes she takes a long step forward.
3. The cue must be kept in contact with the disc and with the floor throughout the stroke.
B. Strategy
1. This is an individual sport and involves little or nothing in the way of team strategy.
2. The player must concentrate on developing skill in pushing the discs in such a manner as to knock the opponent's disc off the scoring area and leave his own discs on the scoring area.

IV. RULES AND SCORING
A. Rules
1. Choice of color is decided by disc shot nearest to dead line. If disc shot second moves the first one, opponent wins choice.
2. To start game, red disc is shot first and then black. Alternate in this manner until all discs are shot (called half round). Red is always played from right of head court, left of foot court. In singles the players walk to foot of court and play starts with black disc first. In doubles, color lead does not change until both ends have played (a round)
3. Game is 50, 75, or 100 points and decided before game begins. A match consists of two wins out of three.
4. Player must place discs within and not touching lines of their half of 10-off area. Penalty - 5 off.
5. Player shall not step on or over baseline-- penalty of 5 off.
6. Player may not coach partner. Penalty of 10 off.
7. A disc which stops between farthest deadline and starting area is dead and shall be removed.
8. A disc which stops beyond farthest baseline shall be removed.
B. Scoring
1. After both players have shot their four discs, score all discs on diagram within and not touching lines. Separation triangle in 10-off area is not considered.
2. Play continues until all discs have been shot, even if game point has been reached.
3. If a tie score results at game point or over, two complete rounds shall be played and score totalled (doubles). In singles, one round of play shall decide tie.

V. BIBLIOGRAPHY
14, 30, 34, 36 (see complete bibliography

TABLE TENNIS

I. HISTORY

The exact origin of table tennis has not been established. It is generally agreed that it started about 1890 in England as an indoor version of tennis. The equipment included both a rubber and a cork ball, a wooden paddle and a cloth net. Some claim it started in America in Salem, Mass., in the 1890's, when the Parker Brothers developed a game called "indoor tennis." This game was played with small rackets, a very light ball and a net that was strung across a table or the backs of two chairs. The game was not popular in the United States, but found great popularity in England where the use of a celluloid ball and rubber-faced rackets or paddles came into use.

The game has been called "gossima," "indoor tennis" and "ping pong." The latter name was derived from the sound of the ball hitting the paddle, "ping," and then hitting the table, "pong." Today table tennis is played widely with sectional, national, and international championships conducted yearly.

II. GENERAL DESCRIPTION

A. Game

1. A miniature type of tennis played with a celluloid ball on a table.
2. The object is to outscore the opponent by having her misplay the ball into the net or off the table, or miss it.
3. Can be played indoors or outdoors and uses a minimum of space and equipment.

B. Facilities and equipment

1. Table
   a. Rectangular surface, 9' long and 5' wide, painted dark green with a three-quarter-inch white line around the outside edges and lengthwise down the center.
   b. Stands thirty inches above the floor.
2. Net
   a. Dark green material bound with white tape.
   b. 6' long and 6" wide.
   c. Supported by brackets outside the playing surface which pulls it taut across the table, dividing the table into two equal courts.
3. Balls
   Official celluloid balls, pale in color, are used.
4. Rackets
   a. May be of any size, shape or weight.
   b. Surface shall be dark-colored, and non-reflecting.
   c. The blade shall be surfaced with sandpaper, leather, cork, or rubber.
5. Space
   a. 6' on each side, 12' at the ends and 9½' above the table.
   b. Non-glare light evenly distributed on the table area.

II. GENERAL DESCRIPTION
C. Players
1. Singles - one player on either end of table.
2. Doubles - two players on either end of table.

III. BASIC SKILLS
A. Grip
1. Lawn tennis grip
a. Superior for firm control of racket.
b. "Handshake grip" with index finger and thumb bracing opposite sides of the blade.
c. Handle of the racket is pulled firmly into the hand against the base of the second, third and fourth fingers.
d. Allows maximum wrist flexibility and free movement of the racket to any position without changing the finger position.
e. Hit the ball on thumb side for forehand shots and on the other side for the backhand stroke.
2. Penholder grip
a. The racket is held as one would hold a pencil, with the thumb and index finger around the handle and the face of the racket pointing toward the table.
b. The other fingers are placed behind the face of the racket to give more power to the strokes.
c. Advantage of this grip is that there never has to be any change and the same stroke may be applied for all types of shots.

A, FOREHAND GRIP. B, BACKHAND GRIP. C, PENHOLDER.

B. Stance and footwork
1. Principles of the stance and footwork are basically the same as other court games.
2. In singles game, the right handed player faces the net, takes a relaxed position just left of the table and two or three feet from the end of the table.
3. Some players prefer standing at the center table position.
4. For the forehand stroke, the right-handed player turns to the right with her left side of the body angled toward the net.
5. For the backhand stroke, the right-handed player turns her body left with the right side angled toward the net.
6. If steps are taken forward, backward, or to either side, the player should return immediately to her neutral position to await the next play.

III. BASIC SKILLS - continued

B. Stance and footwork - continued

7. Footwork for doubles is essentially the same as in singles, as partners alternate shots and are individually responsible for getting into position for the next play.

C. Strokes

1. Forehand stroke
   The back swing is very short, and, as the ball is contacted at the height of its bounce, the wrist should snap to give the stroke the spin.
2. Backhand stroke
   a. Similar to the tennis backhand.
   b. A shorter backswing and contact with the ball is made just before, or at, the height of the bounce.
3. Half volley
   a. Primarily defensive but has merit as a deceptive offensive shot.
   b. The racket meets the ball just as it rises from the bounce, long before it reaches its rise height.
   c. Contact results in a pushing stroke and a relatively weak return.
4. Chop stroke
   a. Effective offensive stroke with the racket held at shoulder height, wrist slightly flexed. The slightly open faced racket moves forward and downward rapidly contacting the ball.
   b. Impact behind the ball from the downward movement of the racket causes an underspin which results in a high bounce.
5. Drop shot
   a. Greatest value - it changes the pace of the game.
   b. Starts as a drive but results in a fake as the forward movement stops just before the racket hits the ball.
   c. Ball hits stationary racket and rebounds across the net to drop with little force and bounce.
6. Smash
   a. Hard hit, fast dropping return.
   b. Most effective on high bouncing shots used as a point winner.

D. Spin

1. Most important factor in table tennis strokes.
2. A very flexible wrist is required to impart a spin to the ball.
   a. To put a top spin on the ball, the racket should be drawn across the top surface of the ball as it is hit. This makes the ball spin in the direction it is going.
   b. To put sidespin on the ball, the racket should be drawn across the ball on a diagonal plane so it spins sideways.
   c. A backspin is commonly called a chop or slice. As the ball is hit, the racket should be drawn on the underneath side causing the ball to spin backwards.

E. Serve

1. The server stands behind her end of the table and strikes the ball with the racket so that it bounces from the table of her side of the net and passes over the net and bounces on any portion of the table (including the edge) on the receiver's side. A spin may not be used on the ball.

III. BASIC SKILLS - continued

E. Serve - continued

2. The server's racket and the ball must be behind the end line of the server's court and between the imaginary extensions of the side lines when she first strikes the ball. If she misses the ball entirely she loses a point.

IV. RULES AND SCORING

A. Rules

1. A choice of ends and service at the start of the game shall be decided by a coin toss.
2. Each person serves until a total of five points is scored. The serve then passes to the opposing side. When the score is 20-all,service is alternated after each point.
3. In singles the ball may go across the net and land in any section of the court.
4. In doubles the serve must be made first to the right hand side and then to the receiver's right court.
5. In doubles, players and partners must alternate returning the ball.
6. A "let" occurs when:
   a. the ball touches the net or its supports and lands in the receiver's court and is otherwise good.
   b. a serve is made before the receiver is ready.
   c. Interference is present.
   d. Ball becomes fractured in play.

B. Scoring

1. A game is won by the individual or team that first wins 21 points and has at least a 2-point lead over the opponent.
2. Points are scored by the side making the last good rally.
3. Loss of point occurs when:
   a. Server fails to make a good service or opponent fails to make a good return.
      (1) Ball is missed by racket.
      (2) Ball is hit off the table.
      (3) Ball is hit into the net.
      (4) Player hits ball into own half of court (other than on service).
      (5) Player volleys ball. (Ball must strike table on one's half court before being played).
   b. The racket or any part of player or clothing touches the net or its support while the ball is in play.
   c. Player moves the playing surface while ball is in play.
   d. Player puts free hand on playing surface while ball is in play.
   e. In doubles,the ball is played out of turn.

V. BIBLIOGRAPHY

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TENNIS

I. HISTORY

Although the French are often credited with originating tennis, actually it evolved from a game played by the ancient Greeks and Romans that is similar to modern handball. At first a hard-leather, hair-stuffed ball was batted between partners back and forth across a rope with their bare hands; several years later with a gloved fist, then with a glove protected by leather thongs wrapped around it. Eventually a crude short-handled paddle was devised, and finally a racket and ball similar to those of today were used.

It is believed the word "tennis" is from the French "tenez" meaning "hold" or "take." Early scoring was complicated with 15 "chases" given for one point, from which arose the 15, 30, 40 game method of scoring. "Love," or nothing, which is symbolized by a zero or egg-shaped O, is from the French word "l'oenf" for "the egg " pronounced by the English as "love."

The old game of tennis was the most popular sport of kings and is sometimes referred to as the "royal game" or "court tennis."

The popularity of tennis swept out from England into the world. Major Walter C. Wingfield, a British army officer, did much to give the game impetus at home and in the colonies. Mary Outerbridge, a United States visitor in Bermuda, returned to the United States in 1874 and introduced the game to Americans.

The United States Lawn Tennis Association was founded in 1881. By 1900 the Davis Cup Matches for international competition among men were established, followed shortly afterwards by the Wightman Cup Matches for women in the United States and England.

II. GENERAL DESCRIPTION

A. Game

Tennis is a game played with racket and ball on an indoor or outdoor court (hard or grassy surface) by two or four players. The object of the sport is to hit the ball over the net, within the opponent's boundaries of the court, in such a way that the opponent is induced to make errors in returning the ball. In this manner the player attempts to score points while preventing opponent(s) from scoring.

B. Terms

1. Ace -- A skillfully placed serve that the receiver cannot return and usually cannot touch with her racket.
2. Ad -- An abbreviation for advantage.
3. Alley -- Strip of court for doubles along side line.

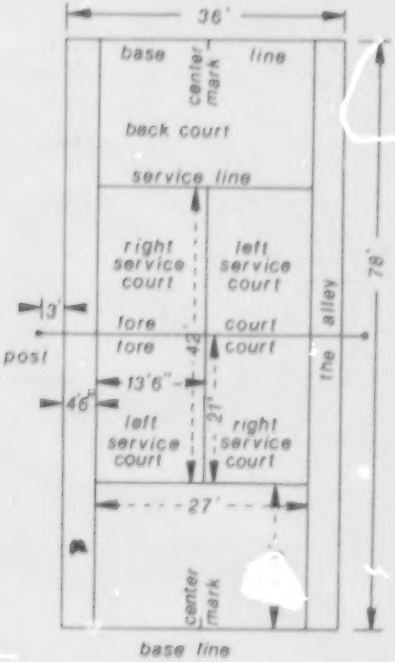
II. GENERAL DESCRIPTION - continued

B. Terms - continued

4. Backhand -- Stroke made with playing arm and racket across body.
5. Baseline -- The end boundaries of the court.
6. Cross court -- A stroke driving the ball diagonally across the court.
7. Deuce -- Even score at 40-40.
8. Double fault -- When the server fails to serve either of two balls into the proper service court.
9. Fault -- A served ball that goes out of bounds or not into the proper service court.
10. Foot fault -- Moving the feet, failure to keep contact with the ground, or stepping over the baseline while serving.
11. Lob -- An upward stroke which sends the ball high over the head of an opponent playing at the net.
12. Let -- Term used when the ball hits the net on the service and falls into the correct service area - it is played over without penalty.
13. Love -- No score, nothing.
14. Match -- Contest play - two out of three sets wins a match.
15. Set -- A scoring term applying to the player who first wins six games provided she is at least two games ahead of her opponent.
16. Smash -- A ball hit forward and down from the highest point possible over the head - called the "kill" shot.
17. Volley -- Stroke made by hitting the ball before it has touched the ground.

C. Facilities and equipment

1. Court



OFFICIAL TENNIS COURT

The doubles court is 4½' wider on each side of the singles court (called the "alley" area). In a doubles game, the additional alley becomes valid playing space only <u>after</u> the service.

II. GENERAL DESCRIPTION -- continued

C. Facilities and equipment - continued

2. Equipment

a. Balls

(1) Use a good standard brand of balls with plenty of bounce. White balls are preferable to colored ones.

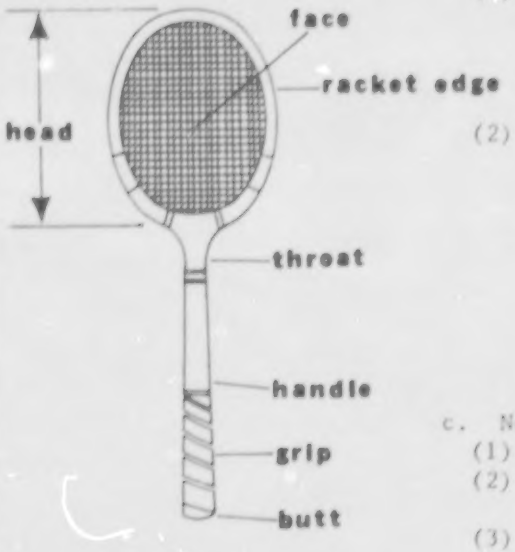
(2) Care of tennis balls

(a) Keep balls dry.

(b) Keep balls away from extremes in temperature when not using.

(c) Use a wire brush to bring up nap on balls and thus retain normal ball flight.

b. Racket



(1) Choice determined by these factors:

(a) Size of handle.

(b) Weight of racket.

(c) Frame - can be made of wood, aluminum, steel.

(d) Strings - can be gut, nylon, or fibers.

(2) Care of racket

(a) Keep in waterproof case when not in use.

(b) Put a good, strong press on racket immediately after use to prevent warping of frame.

(c) Keep racket away from moisture or extreme heat.

(d) Avoid playing with damp balls as moisture ruins the strings.

(e) Apply a thin coat of transparent shellac over strings at the end of the season to prolong their life.

c. Nets

(1) Can be made of tarred hemp or steel.

(2) Regulation height - at center, 3', at posts, 3'6", length, 42'.

(3) Care of nets - avoid pushing into or on top of the nets.

3. Costume

The recommended costume for this sport is a white tennis dress, sneakers, and white socks. White shorts and blouse are acceptable on most courts.

4. Courtesy

a. The server, before serving, should ask her opponent, 'Ready?" and the receiver should reply, 'Ready" or "Serve."

b. Do not return or chase after the first ball on a serve if it is a fault.

c. Always have two balls in your hand before you start to serve.

d. If in doubt about a line decision or score, play the point over.

e. Do not walk on or around a tennis court if a game is underway.

f. Display good sportsmanship at all times.

III. BASIC SKILLS

A. Grip

1. Forehand

a. Theoretically, the racket is an extension of the right hand, so while holding the racket throat with the left hand put the palm of the right hand up flat against the racket face. Without turning the hand or the racket draw the hand straight back along the handle.

b. When the heel of the hand is resting against the leather butt of the handle, tilt the hand downward until the index finger is pointing to a spot on the ground about 3 feet in front of you.

c. Without shifting the position of the hand, take hold of the handle.

d. This is the correct Eastern grip for a forehand stroke. A "V" is formed directly over the middle. It is like shaking hands with the racket.

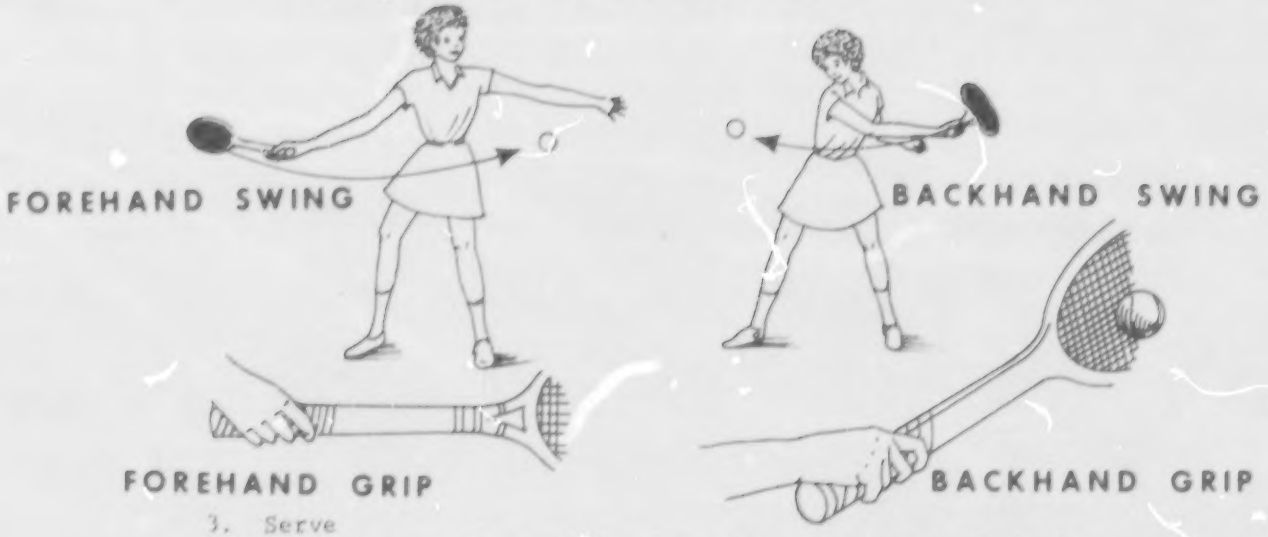
2. Backhand

a. Take the correct forehand grip.

b. Keeping this grip lightly, grasp the racket at the throat with the left hand.

c. Turn the right hand about a quarter inch to the left. This places the knuckles on top of the handle and the thumb is flat along the back of the handle.

d. The thumb held in this position offers more support and is a stronger grasp for girls.



3. Serve

The grip for the service is a matter of individual preference. Every player has to find her own, and the best way to start is with the correct forehand grip, working out the most effective grip from there.

III. BASIC SKILLS - continued

B. Strokes

1. Forehand swing and footwork

a. The proper receiving position is facing the net - the eyes on the ball, racket throat supported lightly in the left hand, knees bent, weight poised so the player can move in any directly quickly.

b. As the ball comes toward her, the player starts swinging the racket back.

c. The head of the racket moves first - it is very important to remember this.

d. With the racket head still swinging back, the next move is with the feet. Continuing the swing, pivot to the right on the ball of the right foot, right arm and feet moving together.

e. The weight has shifted to the right foot, and the player is now ready for the forward motion of the stroke. The movement starts with the feet.

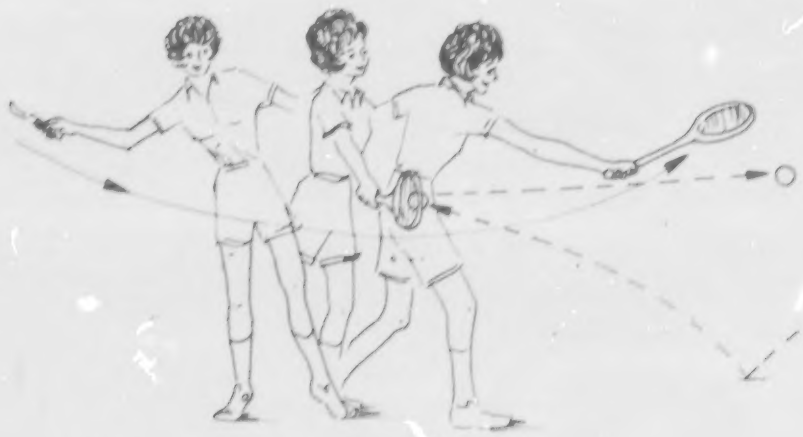
f. With the left foot, take a short step toward the ball and start shifting the weight forward onto the left foot. At the same time start the racket swinging forward in a flat arc parallel to the ground, racket head slightly higher than the wrist.

g. Meet the ball off the midpoint of the body. As the ball is contacted, all of the weight goes to the forward foot.

h. After the ball is hit, the racket should flow out naturally toward the net and slightly upward with follow-through in a full swing. At the finish of the swing, the racket tip should be pointing in the direction the ball is to take.

i. The player is now in the proper receiving position for the next shot.

j. The racket should be held perpendicular to the ground when executing the stroke.



THE FOREHAND DRIVE

III. BASIC SKILLS - continued

B. Strokes - continued

2. Backhand swing and footwork

a. Take the proper receiving position - as the ball comes toward the player she should start moving the racket back, turning so that her right shoulder is toward the net. At the same time, she should shift her grip with the left hand doing the turning.

b. As the racket head leads the backward swing, pivot on the ball of the left foot and take a step toward the net with the right foot. As the player pivots the racket is still moving back. She may use the left hand to guide it.

c. At the end of the backswing the racket is well behind the player at wrist level.

d. Eyes and head are forward and the shoulders are turned so that the player is looking for the ball over the right shoulder.

e. On the forward swing the racket comes around in a flat arc at waist level and meets the ball just opposite the forward foot.

f. After the ball is hit, follow through in a full swing - racket tip pointed in the direction the ball is to travel.

g. Finish by assuming the proper receiving position.

h. The racket should be kept perpendicular to the ground when executing the stroke.

THE BACKHAND DRIVE

3. Service

a. The proper position for the service is behind the base line, feet spread enough for comfort and balance, the body at right angles to the net and the left shoulder pointed in the direction the ball is to go.

b. It is customary to hold two balls in the non-racket hand - one between the third and fourth fingers and the palm, and the other ball between the first two fingers and the thumb.

c. The straight, or flat, serve is recommended for beginning players.

III. BASIC SKILLS - continued

B. Strokes - continued

3. Service - continued

d. Bring the hand back to the shoulder and drop the racket head down behind the back.

e. Now toss the ball (as high as you can reach with the racket). In relation to the body, the toss should be made so that if it were to hit the ground it would land just in front of the toes of the forward foot.

f. As the toss is made bring the racket up from behind and make contact with a fairly straight arm. This action is as though one were hitting a nail with a hammer.

g. On the follow-through, let the arm swing out and down as though throwing the racket after the ball (out in front - not down). At the end of the follow-through, the shoulder is well into the swing and the racket will finish on the left side.

THE SERVE

4. The volley

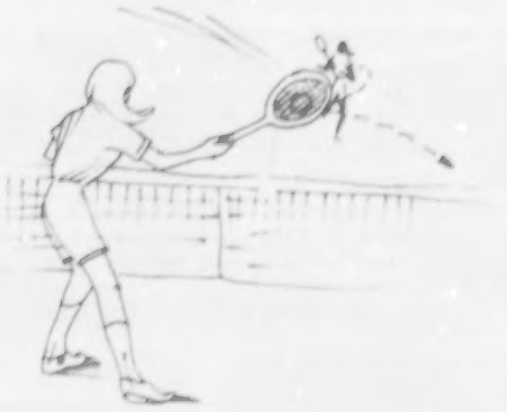
a. Used primarily at the net and in the forecourt, a volleyed ball is hit either forehand or backhand before it bounces.

b. The footwork and stroking fundamentals are the same as for the forehand and backhand, but the swing and follow through are shorter and the ball rebounds off the racket more than it is stroked.

5. The smash

a. Similar to the flat serve, using the same grip, footwork, and timing.

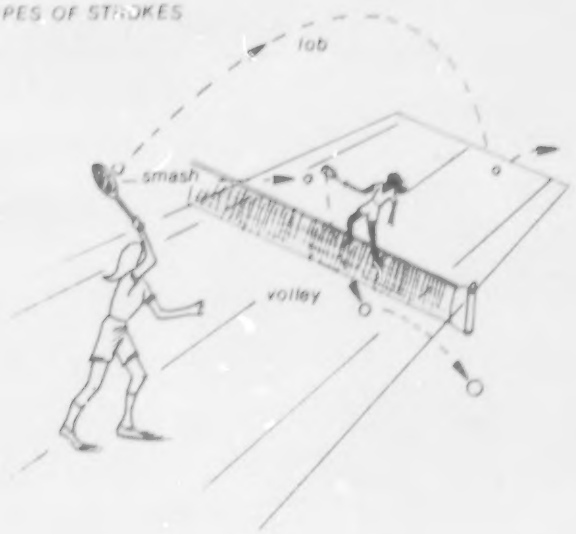
b. Used as a "kill" shot on a high ball or lob.



THE VOLLEY

III. BASIC SKILLS - continued
B. Strokes - continued
6. The Lob
a. Stroke used to hit balls over the head of the opponent who is playing at the net.
b. This defensive "time gainer" should land close to the opponent's baseline.

TYPES OF STROKES



IV. RULES AND SCORING
A. Rules
1. Service
a. Each server serves a complete game.
b. The first serve of the game must be from the right half of the court from behind the baseline.
c. Player has two chances to send the ball over the net diagonally into her opponent's service court. If the first ball is good, a second is not used.
d. The next serve is made from the left and alternated throughout the rest of the game following each point.
e. The served ball must rebound from the opponent's service court before the receiver may attempt to return it. After the service the ball may be hit before it bounces.
f. After the first game is finished the server becomes the receiver and her opponent serves a complete game. This pattern of changing service after each game continues throughout the set. In doubles play a girl will serve every fourth game, alternating with others on the court.

IV. RULES AND SCORING - continued

A. Rules - continued

1. Service - continued

g. Faults

(1) Server strikes at the ball and misses it.

(2) Server fails to hit ball into correct service court.

(3) Server commits a foot fault.

Note: Two consecutive faults on one side causes loss of point for server.

h. The let

The ball is considered a let when:

(1) A served ball touches the net, strap, or hand and is otherwise good.

(2) Interference does not permit player to return ball.

(3) The serve is delivered before the receiver is ready.

Note: A let serve is replayed without penalty.

2. Good returns

a. Ball lands on any line.

b. Ball touches top of net post or net and falls into the proper court.

c. A player reaches outside the net posts to play a ball and returns it successfully.

d. The player's racket on the follow-through goes over the net but does not touch it.

3. Changing sides

Players change sides of the court at the end of the first, third, and every subsequent alternate game of each set, and at the end of each set.

B. Scoring

1. The server keeps score and calls the score before each point is scored. The server's score is always called first.

2. Points are

a. Love - no score.

b. First point - 15.

c. Second point - 30.

d. Third point - 40.

e. Fourth point - game.

f. Deuce - score is tied at 40-40 and play continues until one side has a two-point advantage: (1) advantage (2) game.

g. Advantage server or "ad in" - indicates server makes first point after deuce.

h. Advantage receiver or "ad out" - indicates receiver makes first point after deuce.

i. In both "ad in" and "ad out" the same person must win the next point (called game). Otherwise the score is again deuce.

3. Set

A set is won by the player or team who first wins six games, provided they have at least a two-game lead over the opponents.

4. Match

A match is won by the player or team who wins two out of three sets.

V. BIBLIOGRAPHY

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TRACK AND FIELD

I. HISTORY

During the Golden Age of Greece the pattern for modern track and field events developed. The Olympic Festival of 776 B.C. included broad jumping and discus and javelin throwing in much the same form as the Olympic games of today. Many other peoples contributed and refined events. For example, the shot put and hammer throw originated with the Celts, while hurdling is attributed to the cross country fence hoppers of England. Pole vaulting, an exciting event for men, was a practical method of crossing moats and streams in feudal England and Germany.

Competitive events of today undoubtedly grew from the first man who gained pleasure in running, leaping over streams and fallen trees, and throwing rocks and spears. These survival sports turned to sport as man became less dependent upon them for existence.

Competitive track was not popular until brief enthusiasm for it grew in England in the middle of the 19th century. The real enthusiasm came with the revival of the modern Olympic Games in 1896. Since that time American men have been enthusiastic competitors and have until recently dominated track and field events. Our women have neither responded as well nor have been as successful in these competitive events as the European and Asian women, probably because customs and attitudes for so long prevented their participation in any form of competitive sports.

The beginning of track and field events for girls and women was in 1895, when the first women's field day was held. Since then the Olympic Games have done much to promote track and field events for women in the United States.

II. GENERAL DESCRIPTION

A. Events

1. Track
   - Dashes - 50, 71, 100, 220, 440
   - Distance running - 880
   - Relays - shuttle, pursuit
   - Hurdles
2. Field
   - Shot
   - Discus throw
   - Softball throw
   - Long jump
   - High jump

B. Terms

Anchor - The final or fourth leg of a relay.

Approach - The run and/or adjustment used by the participant prior to the actual takeoff.

Baton - A tubelike object usually made of metal, wood, plastic, or paper which is used in a relay race and which is passed from one runner to another.

Blind pass - A relay pass with the receiver moving forward and receiving the baton without looking to the rear.

II. GENERAL DESCRIPTION - continued

B. Terms --continued

Break --Leaving the starting blocks before the gun sounds. Making a movement from a set position.

Break in the pit --The mark made by a contestant when landing in the pit.

Circle --Competitive areas for the shot and discus.

Cloud 9 --Large, rectangular, waterproof canvas bag inflated by continuous air pressure, used in high jumping.

Crossbar --The bar over which the high jumpers jump.

Curb --Inside border of the track.

Dash --Short distance race run at top speed the entire distance.

Dead heat --A race in which two or more runners cross the finish line at exactly the same moment. Duplicate places or awards should be given.

Exchange zone --An area the width of one lane 20 yards long used in relay races. The baton must be passed from a runner to her teammate while they are in this zone.

False start --Leaving the starting blocks before the gun sounds. Making a movement from a set position.

Foul throw --A throw which is counted as a trial but which is not measured because of some violation of the field event rule.

Hand-off --The passing of the baton from the incoming runner to the outgoing runner in a relay race.

Heat --A preliminary round of a race, the winners of which participate in the semi-finals and finals.

High jump standards --Uprights which are used to hold the crossbar for the high jump.

Hurdle --Collapsing standard 2'6" in height over which a girl must hurdle.

Inside lane --The lane on the inside or the curb of the track (the one closest to the infield). It is often referred to as the pole position.

Jog -- Slow, easy, short-stride running action.

Lane -- The path which is marked on the track for a race or that part of the race during which the runner must stay in the prescribed path.

Lap -- One complete circuit of the entire track.

Lead leg -- The first leg, or kicking leg, of jumpers. The first leg over a hurdle.

Lead-off runner -- The first runner on a relay team.

Leg of a relay -- The distance over which one member of a relay team must run.

Mark -- The spot where the shot, discus, or long jumper lands.

Medley relay -- A relay race in which the members of the relay team run different distances.

Non-visual exchange -- A baton exchange or pass in which the outgoing runner does not look backward while receiving the baton.

Pace -- The rate of speed used according to the distance to be run and the available energy of the runner.

Pass -- The voluntary giving up of one of a contestant's preliminary or final throws or jumps. Also refers to the actual exchange of a baton.

Passer -- The relay runner who "hands off" the baton.

Passing zone -- A zone the width of one lane 22 yards long used in relay races. The baton must be passed from a runner to her teammate while they are in this zone.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Pit -- The area in which a broad jumper or high jumper lands; usually filled with sand or sawdust.

Pole -- Inside or curb zone of a track.

Porta-pit -- Small, rectangular foam rubber substance used for cushioning a high jumper's fall.

Preliminaries -- In running events, they are a series of heats in the same event (used where there are more competitors than there are lanes). In the throws and broad jump, preliminaries consist of three trials per competitor. The best are then placed in the finals.

Pursuit relay -- A relay in which all runners run in the same counter-clockwise direction.

Put -- The action of pushing the shot away from the body for distance.

Qualify -- To win the right to compete in the finals.

Recall -- The calling-back of runners after a false start.

Receiver -- The runner receiving the baton in a relay race.

Runway -- The approach to the take-off board or scratch line for field events.

Scratch line -- Line which may not be crossed on takeoff in the long jump or when executing the softball throw.

Sector lines -- Boundary lines within which a throw must fall in order to be a fair throw, as in the discus throw and shot.

Shuttle relay -- A relay usually run on a straightway, with half of each relay team at opposite ends of the prescribed distance. Alternate runners run back and forth over the same course.

Sprint -- A fast burst of speed over a short distance.

Spikes -- Lot-cut, lightweight spiked shoes worn by runners to give them faster starts and surer footing.

Staggered start -- The start of a race in which runners do not start on a straight line. Usually used in races which are run around a curve.

Straddle -- Method of high jumping by clearing the bar face down.

Starting blocks -- An implement against which runners may place their feet in order to get a fast start at the beginning of a race.

Straightaway -- Straight area of the track between one curve and the next curve.

Stride -- Length of step.

Takeoff board -- A board from which a long jumper makes her jump.

Takeoff foot -- The foot that leaves the ground last and drives the jumper.

Takeoff mark -- A spot at which a contestant leaves the ground, as in the high jump and long jump.

Toeboard or stop board -- A curved piece of wood used as a foul line for a throw. Contestants entered in the shot put and discus throw may touch the inside of the board which is often called a stop board.

Touch off or tagging -- Touching a relay runner rather than giving her a baton as in pursuit races.

Trailing leg -- Takeoff leg or the rear leg in hurdling.

Trial -- An attempt at a particular event.

Visual exchange -- A baton exchange in which the receiver watches the incoming runner until the pass is completed.

Warm-up -- Preparation of the body through light exercise for more vigorous exercise.

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SEP 71 168P.

II. GENERAL DESCRIPTION - continued

C. Safety and courtesy

1. Keep yourself in good condition and warm up thoroughly before any event or practice.
2. After you have finished a race, don't stop immediately. Come to a gradual stop by slowing down and jogging several yards farther.
3. Do not leave spiked shoes lying around with spikes sticking up.
4. In field events look before you jump or throw.
5. Make sure the runway and landing area are clear.
6. Never practice throwing events out of the designated areas.
7. Stay off the track unless competing.

III. TRACK EVENTS

A. Dashes

1. Mechanics of starting

a. Block setting

(1) Front block 6"-12" from the starting line.
(2) 12"-16" between front and back block.

b. <u>On your mark</u> position (see diagram)

(1) Feet on blocks, vertically straight, strongest leg in front block.
(2) Legs pointing straight forward.
(3) Arms straight, elbows locked, hands shoulder-width apart, thumb and index finger parallel to the starting line as the other fingers extend to the ground.
(4) Eyes looking up, 10 yards down the track.
(5) Lean forward so you are balanced on your two hands and front foot with some weight on back foot and knee.

c. <u>Get Set</u> position (see diagram)

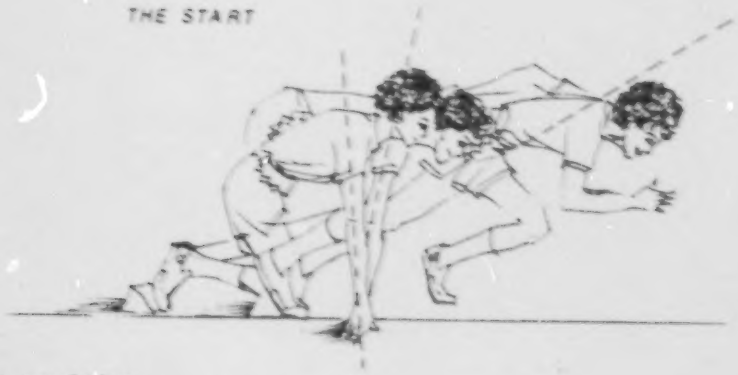
(1) Raise the hips first slightly above the shoulders and lean forward so the body is balanced on the front foot and both hands, no weight on the back foot. The back knee is raised about 3"-4" off the ground.
(2) Head up, looking down the track a few yards.
(3) Concentrate.

d. <u>GO</u>!

(1) Force is from both feet. Body is thrust forward not upward.
(2) First step on the track with rear foot about 3" past starting line and directly in front of rear block, foot kept close to the ground.
(3) Arm opposite to rear leg thrust out as if grasping something.
(4) Vigorous arm action early with hands raised to above shoulder for the first 20 yards. Elbows moving no more than 6" behind body.
(5) Knees high with short strides. Runner must run on balls of the feet.
(6) Body gradually raised to correct running position at 10-12 yards.

III. TRACK EVENTS - continued
A. Dashes - continued

THE START



2. Starting position
Crouch start is used because it provides a better positioning of the body for greater speed at the beginning of the race.
Kinds of stance:
a. Bunch - The feet very close together with the toe of the rear foot opposite the back of the front foot.
b. Elongated - Knee of the rear leg opposite the back of the heel of the front leg.
c. Medium - The knee of the rear leg slightly ahead of the toes of the forward foot. Can be adjusted for individual differences.
Note: The height of the sprinter usually determines which style or variation of styles she should use.

3. Running form (see diagram)
a. Forward body lean in the direction of the run keeps the trunk in line with the forward leg and streamlines the body, which reduces wind resistance.
b. Head remains upright and eyes look straight down the track.
c. The feet should point straight ahead and legs move rapidly with a high knee lift in front.
d. Relaxation of runner is important.
e. Finish line should be crossed with maximum speed. Runner should never slow down until five or ten yards past finish. There should be no change in form in crossing line.
f. All breathing should be with the mouth open and not "thought about" during the race.

4. Rules
a. On a straight track each runner must keep in own lane from start to finish.
b. On the second false start a runner is disqualified.
c. Direction of runner shall be counterclockwise.
d. A competitor must start with hands and feet behind the starting line. She is finished when any part of her torso reaches the finish line.
e. A runner who falls at the finish is not considered to have finished unless her entire body has crossed the finish line.
f. A runner may not obstruct or force another runner to change her course. The penalty is disqualification of the girl responsible.
g. The racer is timed from starting signal to crossing the finish line.

III. TRACK EVENTS - continued

B. Distance running

1. Start
   a. Above 440 yards, the starting blocks are not used (see dashes for starting block use).
   b. When using a standing start, on the command "get set" bend knees and lean forward.
2. Running form (see diagram)
   a. Natural stride with less knee lift and body more relaxed than in dashes. Arms and hands lower and more relaxed.
   b. Individual has more chance to develop her own style.
   c. Body lean is less than in a dash; however, there is greater kickback. Heels will come down on the track.
   d. Pacing or maintaining a constant speed throughout the race. Runner applies full power for first third, floats (coasts) for middle third, and reapplies power to finish.
3. Rules
   a. All rules pertaining to dashes apply.
   b. Unless staggered starting is used, and runners are confined to lanes, runner may take inside lane on a curved track when she is at least two full strides ahead of runner she is passing.

C. Relays

1. Types
   a. Shuttle - Two or four girls of a team are at opposite ends of the straightaway; in other words, two at one end and two at the other. The runner must touch the right shoulder of the next person before she begins her leg of the race. No baton is used. Hands and arms of succeeding runners must remain behind the line until she is tagged.
   b. 440-yard pursuit - All team members are running in the same direction and in the same lane. In longer relays, runners may change lanes.
   c. 880-yard medley - Type of pursuit relay; however, each member runs different distances. (220, 110; 110, 440)
2. Baton passing
   a. Used in pursuit relays.
   b. Passing zone is where the baton must be given to the next member to run. It is 220 yards long.
   c. Blind or non-visual pass - for sprint relays because it is the fastest. The girl to receive the baton may take a position 11 yards outside of the passing zone. She watches the incoming runner and from 8' to 12' before the runner gets to where she is she turns around and starts to run as fast as she can. In the passing zone she puts her right arm back to get the baton. At no time once she starts to run does she look back. After the passer or incoming runner hands the baton to the receiver, she may slow down but has to stay in her lane until all runners have passed her. The passer must make sure the receiver has a firm grip on baton before releasing it. The receiver must judge speed of runner coming in so she can start her run at the right time. The hand position of the receiver may vary.

UNDERARM EXTENSION PALM BACKWARD PASS

III. TRACK EVENTS - continued

C. Relays - continued

2. Baton passing - continued

c. - continued. Examples: Basket, inverted basket, under-arm extension with palm up, and under arm extension with palm downward. In the last type of pass, the receiver sticks her right arm back with her palm down and her thumb near her body, forming a V with the thumb. This is probably the preferred method.

d. Visual pass -- slower method of passing. Used in longer relays because runners are becoming tired.

(1) Method is same as non-visual pass except the receiver keeps her eye on the baton until the pass is completed.

(2) Examples: Over-arm extension with palm up, over-arm extension with palm outward, and underarm extension with palm back.

e. Runners receive baton in right hand and then change it to the left hand immediately. The passer should remain in the right half of the lane and the receiver in the left half.

f. No. 1 runner of a team is required to start race with baton in hand. The baton is held parallel to the track with at least half of it exposed while in get set position. The first person always holds baton in left hand so she does not have to change hands after she starts. When passing the baton, the left arm should be extended straight forward.

g. Hold the baton <u>firmly</u> but not <u>tightly</u>.

3. Placement of runners

a. Use strategy; the team may want to take the lead immediately or they may want to save the best until last so that the team may overtake others.

b. Generally, the most advantageous placement of runners is to begin with the second fastest, then the slowest, then the next slowest third. The fastest runner is the last.

c. Consideration should be given to using the best starter in the leadoff position.

4. Rules

a. Same rules as for dashes.

b. Exchange of baton must be in passing zone and it may not be thrown or dropped.

c. If baton is dropped in passing zone, <u>passer</u> must pick it up.

d. Each runner may run only one leg of relay.

e. In a long relay, if runners are allowed to run in any lane, the baton pass is as follows: Runner coming in uses first or inside lane, next runner, second lane, etc.

D. Hurdles

1. Approach

a. Must start same as in a dash; however, rise slightly sooner.

b. Lead leg, the leg which goes over the hurdle first, must always be the same leg. The other leg is the trailing or takeoff leg.

c. The same number of strides must be taken each time between the start and first hurdle (generally 7 or 8).

HURDLE STRIDE

III. TRACK EVENTS - continued

D. Hurdles - continued

2. Clearance and landing (see diagram)

a. The important part in hurdling is to "run over" the hurdles, not jump them.

b. Lead leg is lifted approximately 5' or 6' from the hurdle. If the takeoff is too close, the hurdler will have to jump too high. If too far from the hurdle on takeoff, there is too much time consumed in the air.

c. The knee of the lead leg is raised high as though the thigh were to be placed against the chest. Then the lower part of the leg is swung forward until the foot clears the hurdle. The toe of the foot points forward and upward as the takeoff foot gives the upward and forward drive.

d. As lead leg clears the hurdle, takeoff leg is brought forward and carried to the side with knee bent and toes pointing to the side.

e. When crossing the hurdle, the opposite arm from lead leg reaches vigorously toward toes of lead leg. Keep the head up and shoulders square.

f. The lead leg is snapped down as soon as foot clears the hurdle, with the weight on the ball of the foot. Toes must point forward.

g. Body weight must be kept well forward of trailing leg as it crosses the hurdle. Clearance of a hurdle is not a jump!

3. Strides between hurdles

a. The distance should be covered in 7, 5, or 3 strides counted after the landing of lead leg. This insures takeoff foot being the same at each hurdle; for example, if the lead leg is the left then begin counting 1--right foot, 2--left foot, 3--right foot.

4. Rules

a. For high school girls, a hurdle race is 80 yards long with seven hurdles 27'10½" apart; the distance to the first hurdle is 42'7 3/4"; the distance from the last hurdle to the finish line is 31' 1½".

b. Hurdles in competition are 2'6" high.

c. Both legs must cross the hurdle. One may not go alongside or around.

d. Knocking over one or more hurdles does not disqualify a competitor.

e. All other rules are as in dashes.

IV. FIELD EVENTS

A. Shot put (see diagram)

The secret of putting the shot is to push it, not throw it, from the shoulder.

THE SHOT PUT

1. Preparation--The shot is held near the base of the fingers with the right hand behind the shot and the fingers spread comfotably. The wrist is cocked back, and the shot is held in a position resting on the collar bone and against the neck, behind the jaw and below the ear. The elbow of the putting arm is pointed downward and is held close to the body in order to keep the arm under the shot. The opposite arm is forward to help maintain balance. The left side should be toward the direction in which the shot will be put with the right foot pointing almost to the rear of the circle. With the shot on the shoulder, the body rotates to the rear so that the weight is over the bent right leg. The back is straight and parallel to the ground.

IV. FIELD EVENTS - continued

A. Shot put - continued

2. Put -- As the heaving action begins, the right leg straightens and the body rotates forward. The putting arm trails. The weight is transferred to the left foot as the body rotates. The whole movement should be forward and upward, lifting of the body starting with the legs. The arm extends forward and upward. Release the wrist and fingers giving the final push to the shot.
3. Release and follow-through -- As the shot is released, the weight is forward over the left foot. After the shot is released, the weight shifts onto a slightly bent right leg to avoid stepping out of the circle and fouling. To add momentum to the put, a swing or backward kick of the left foot may precede a short, quick, gliding hop of the left foot. Head and chest must be up during the delivery.
4. The timing sequence is: leg, hips, shoulders, arm, and hand.
5. Rules
   a. Shot shall weigh 8 pounds for high school girls.
   b. Shot is put from a circle 7' in diameter.
   c. Shot shall be put from the shoulder with one hand only, and during the attempt shall not pass below or behind the shoulder.
   d. A fair put is one in which no part of the body touches the top of the stopboard, circle, or the ground outside of the circle.
   e. Foul puts are counted without result. Leaving the circle before the put is measured is a foul. When leaving the circle, the contestant must leave from the rear half.
   f. Each competitor shall have three puts.
   g. No helping devices or supports may be used except adhesive wrapped around the wrist one time.
   h. Measurement is made from where the shot first landed to the inside of the circumference of the circle. All puts must fall within the sector lines to be valid. These lines shall be formed by extending the radii through the extremeties of the stopboard.

B. Discus

1. Beginners should master the standing throw before attempting the throw with a turn.
2. Grip
   a. The discus should be held by hooking the first joints of the slightly spread fingers over the edge of the discus. The thumb and little finger are spread comfortably on the back and kept relaxed.
   b. As much of the hand as possible should cover the discus. The back rim of the discus rests against the inside of the slightly bent wrist.
3. Preliminary swings
   a. To develop rhythm and momentum two or three preliminary swings may be taken.
   b. The discus may be supported on the upturned palm of the left hand. From this position the arm swings backward and downward to hip level until it is straightened.

IV. FIELD EVENTS - continued

B. Discus - continued

3. Preliminary swings - continued

The body is rotated to the right as the weight is transferred to the rear foot.

c. As the arm swings forward and the weight is transferred back to the front foot, the hips and body rotate forward.

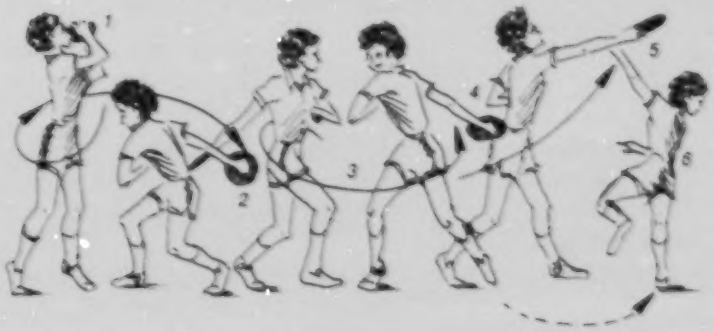
4. Release

a. The throw for beginners should be made from a stationary side stride position.

b. For the delivery the body is twisted to the left, the rear leg is straightened, the throwing arm is whipped forward and the wrist is snapped rapidly. The discus should be released at a point opposite or slightly ahead of the shoulder and should be spun forward in a clockwise direction off the index finger.

c. During the throwing motion, the discus is held horizontal to the ground with the hand on top. It is thrown so that it sails flat and it leaves the hand from the thumb side.

d. The throwing arm continues upward and across the body at eye level and ends in a "salute" position by the head.



THE DISCUS THROW

5. Rules

a. Same as for shot put except discus is thrown from a circle 8' 2½"

C. Softball throw

1. Form

a. May use regular overhand softball throw as outlined in softball unit.

b. May use upward sweep of the arm from below hip level to full overhand extension of arm above shoulder.

2. Rules

a. May be made with either hand, but not with both.

b. May be made from either a stand or a run.

c. Must be made from behind a scratch line (10' long, 2" wide).

d. Stepping on or over the line before the throw has been marked constitutes a foul.

e. A foul throw is not measured but counts as a trial.

f. The best trial out of three is counted.

g. Measurement is made from the nearest mark made by the ball to the inside edge of the center of the scratch line.

IV. FIELD EVENTS - continued

D. Long jump (see diagrams)

1. Approach
   a. Distance of the approach run may vary (generally 85' to 110'), but it must be long enough so the jumper reaches her maximum speed before jumping. The run up or approach must be consistent every time - by counting strides if necessary.
   b. The jumper should take off or reach the takeoff board with the same foot each time.
   c. Eyes are focused on the takeoff board during the first part of the run. About four strides from the takeoff board, the jumper concentrates on getting height on her jump and "prepares" herself for jump. Her head and chest are lifted and the last stride is shortened slightly by about 3" to 6".
2. Take-off
   a. Purpose is to provide the maximum height with no loss of forward momentum.
   b. On the last four steps before the takeoff the bod, settles somewhat into a slightly crouched position. (See #c under approach.)
   c. The jumping foot hits on the ball of the foot first and then rocks forward to the toes. Body weight moves forward as the toes leave the board.
   d. Concentrate on attaining height after leaving the takeoff board. DO NOT HESITATE on the takeoff board. Stretch as you jump.
   e. The takeoff foot is straightened and the toes push hard. The lead leg is swung up. Both legs swing forward until the body is in a sitting position. Arms also swing forward and upward on the takeoff.
3. Position in the air (flight)
   a. Sitting position with the arms forward and legs tucked (tuck jump) is an easier technique for beginners.
   b. Alternate method is hitch-kick jump which involves moving arms and legs while in the air. This is a more powerful jump.
4. Landing
   a. Both legs are stretched forward as heels touch first. Arms moving forward with head and shoulders forward and down helps keep the jumper from falling backward.
   b. Knees and ankles should be relaxed and legs "give" to absorb the forward momentum.

IV. FIELD EVENTS - continued

D. Long jump - continued

5. Rules

a. Measurement for the jump is from the takeoff to the first break in the pit.

b. Three trials are taken with the best jump being recorded.

c. If the competitor steps over the takeoff board, the jump counts as one trial, but it is not measured.

E. High jump (see diagrams)

There are various methods of doing the high jump; these include the scissors, the western roll, and the straddle roll. The straddle roll is one of the easiest methods and allows the jumper to reach a greater height. This is method described below.

1. Approach

a. The length of the run may vary; however, most girls will have a 5-7 stride approach.

b. If the takeoff foot is the left foot, the approach will be from the left; if the right foot, the approach will be from the right of the high jump standards.

c. To determine the takeoff point, stand one arm's length away from the bar facing the direction of the approach.

d. Turn and face a 45-degree angle from the bar in the direction and walk 12 normal steps. This is the beginning of the approach and the jumper should be able to cover it in seven easy running strides.

e. Approach should be easy and relaxed with the jumper increasing the speed on the last three strides. The last stride should be the longest.

2. Takeoff

a. The most important part of the jump. The takeoff foot is the one closest to the bar, and is planted flatly on the ground to begin the takeoff.

b. The lead leg (or knee) is driven high parallel to the bar. (Kick high and hard!)

c. Both arms swing upward as the takeoff leg gives its vigorous push. The jump should be upward not forward.

d. Eyes should be fixed on a point over the bar. "Think" upward.

e. Two major faults are:

(1) Taking off too far from the bar, which thrusts the jumper into the bar rather than over it.

(2) Leaning towards the bar which throws the body into the bar.

3. Clearing the bar

a. Lay out position is used. Once knee of lead leg reaches its highest point it turns sharply toward the bar.

b. The lead leg crosses the bar and turns sharply towards the pit, putting the body in a layout position. (Stomach and head face the bar.)

c. Takeoff leg as it leaves the ground and approaches the bar is straightened and rolled over the bar. Legs actually straddle the bar. The body rolls over as it crosses the bar.

d. Head and arms drop sharply as the body clears the bar.

e. Landing is "three point" - on two hands and one foot. This is generally followed by a roll onto the side or back.

IV. FIELD EVENTS - continued
E. High jump - continued

STRADDLE ROLL

4. Rules
   a. Jumper has three trials at each height. She may choose to begin setting the bar at any height. Three consecutive misses at any height disqualify the jumper.
   b. Knocking the bar off or touching the ground beyond the uprights counts as a failure.
   c. Jump must be a one-footed takeoff.

V. RULES AND SCORING
A. Should there be class competition, a point award system is suggested which will make it possible to recognize any number of place standings in the competition.
B. For individual and relay competition, point values for the top three positions are as follows:
   1. First place - five points
   2. Second place - three points
   3. Third place - one point
C. Team scores are the total of individual and relay event points.

VI. BIBLIOGRAPHY
1, 10, 24, 26, 30, 36 (see complete bibliography)

TEAM SPORTS

TEAM SPORTS

Team sports play an important role in the total development of an individual - physically, socially, and mentally. It is acknowledged that they contribute to the health and fitness of youth through types of activity that cannot be duplicated in other sports. Aspects of fitness are strength, endurance, flexibility, agility, speed and coordination. Participants also learn how to be a member of a team and develop desirable social interactions implied in each phase. They experience the feeling of belonging to a group and participating in a democratic problem-solving situation.

Learning the game well includes developing individual and team skills and acquiring knowledge of history, terms, rules, court layouts, safety, and etiquette.

BASKETBALL

I. HISTORY

Basketball was originated by Dr. James Naismith in 1891 in Springfield, Mass. The game was played with nine to 50 players on a side, peach baskets served as goals, and a soccer ball was used for the ball. The ball was advanced down the floor by rolling it. Later a special ball and the dribble were introduced.

Within two years the number was limited to nine, then to seven, and in 1894 to five, which became the standard number in the boys' game.

In 1933 the men's rules were standardized by a newly-formed National Basketball Committee of the United States and Canada. Using these rules as a base, the Basketball Committee of the National Federation of State High School Athletic Associations adapted and published the rules for high school boys.

The first girls' game was played in March, 1892. Dr. Naismith taught the group at the request of some women teachers in Springfield, Mass. The men's rules were modified for girls to provide for health protection and general safety. A women's rules committee was appointed in 1899. This committee was the parent of the long line of basketball committees of the Division for Girls' and Women's Sports, which makes and publishes basketball rules for girls and women.

The original girls' game called for five to nine players. Two types of games were used in the past: Two-court game and three-court game, with either six or nine players. Probably the largest step toward reaching the present game was taken in 1962 when the roving-player game was officially adopted. In February, 1971, the five-player game was officially adopted by the DGWS and AAU.

II. GENERAL DESCRIPTION

A. Game

1. Basketball for girls and women is a game played by two teams of five players each.
2. The ball is passed, thrown, batted, bounced, handed, or rolled from one player to another.
3. The purpose of each team is to get the ball into its own basket and prevent the other team from securing possession of the ball or scoring.

B. Terms

Air dribble -- A play in which a player, after giving impetus to the ball once by throwing or tapping it, touches it again before it has touched the floor or has been touched by another person. This term replaces the word "juggle," originally used.

Back court -- That half of the court that contains opponents' basket.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Blocking -- Personal contact which impedes the progress of an opponent with or without the ball. Forms of blocking include contact resulting from:

1. An opponent's entering the path of a moving player without giving that player a chance to stop or change direction.
2. Impeding the progress of an opponent by holding both arms extended horizontally.

Charging -- Contact resulting from a player with the ball moving her body or the ball into an opponent whose position or path is already established.

Closely guarded -- The defensive player guards within three feet of the player with the ball.

Dead ball -- The ball is dead whenever a whistle is blown and after a field goal.

Defaulted game -- Occurs when team fails to show for game, is not ready to participate in accordance with the rules, or does not have five players to begin and at least four to continue play.

Defensive player -- A player whose team does not possess the ball.

Disqualified player -- A player who has been removed for:

1. Five fouls
2. Single disqualifying fouls such as rough play or unsportsmanlike conduct.

Double foul -- Foul called upon player of both teams simultaneously.

Double violation -- Violation called upon players of both teams simultaneously.

Dribble -- A play in which a player gives impetus to the ball one or more times, causing it to rebound from the floor, and touching or regaining possession of it. The first impetus may be given with either or both hands by throwing, batting, or fumbling; subsequent contacts must be given with only one hand. The dribble ends when the player touches the ball with both hands, permits the ball to come to rest in one or both hands, or directs it to another player.

Drive -- The quality of powerful and concerted effort.

Fast break -- A rush to score after gaining the ball in the backcourt.

Follow-through -- After the ball has been released, the movements:

1. Of the arms continuing in the line of direction of the attempt.
2. Of the body continuing in its line of direction to regain contact with the floor.

Foul -- Broken rule for which one or more free throws are given to opponents.

Free throw -- Unguarded throw for goal given a player to attempt to score from behind the free-throw line. Player fouled against must take own free throw.

Front court -- That half of the court which contains team's own basket.

"Give and Go" -- Maneuver in which the offensive player makes a short pass to a teammate, and then goes in towards the basket for a return pass.

Goal -- Ball enters basket from above, the impetus having been legally given by any player.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Goaltending -- A player's interfering with the ball or basket when the ball is on a downward flight toward the basket, on the rim, or enroute through the basket.

Guarding -- A legal technique used to cover an opponent.

Hacking -- Chopping motion on the arms of player made by her opponent.

Held ball -- Player's holding the ball for more than five seconds when closely guarded on court, five seconds out of bounds, and ten seconds on a free throw.

Holding -- Personal contact with an opponent that interferes with her freedom of movement.

Jump ball -- The ball being tossed between two opponents in one of the three restraining circles.

Offensive player -- A player whose team has possession of the ball.

Own basket -- The basket for which a team is shooting. Change baskets at half time.

Pivot -- Player holding ball steps once or more than once in any direction with the same foot. The other foot, called the pivot foot, is kept at its initial point of contact with the floor.

Post -- A pivot position used in offensive play in one's front court.

Rebound -- A term usually applied when the ball bounces from the backboard or basket.

Screen -- Attempt to protect a teammate's play by shutting off an opponent's approach without body contact.

Tagging -- Constant or repeated contact of an opponent with the hand, elbow, or body.

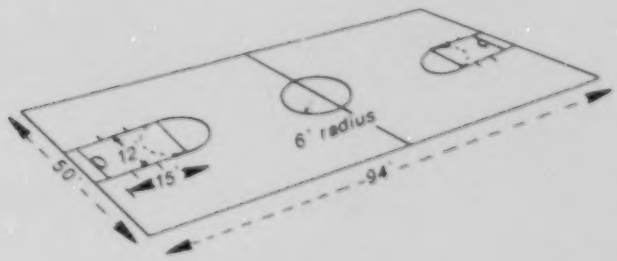
Tie ball -- Two opponents with one or both hands on a free ball at the same time, or a player holding firmly onto the ball with one or both hands while the ball is in possession of an opponent. If a player touches any part of another player other than her hands she has committed a foul.

Traveling -- Moving both feet while in possession of the ball (walking with the ball).

Violation -- Infringement of rules for which ball is awarded out of bounds to the opponents.

C. Facilities and equipment

1. Court



BASKETBALL COURT (Official D.G.W.S. Specifications)

II. GENERAL DESCRIPTION - continued
C. Facilities and equipment - continued
2. Equipment
a. Backboards
(1) Shall be of plate glass or wood.
(2) Shall be white and unmarked except where transparent material is used (in which case a rectangle 18"x 24" shall be centered around the basket).
(3) Shall be either rectangular or fan-shaped.
b. Baskets
(1) Shall be nets of white cord or other material suspended from metal rings of 18-inch inside diameter.
(2) Rings shall be a bright orange color.
c. Ball
(1) Shall be round.
(2) May have a leather, synthetic material, or rubber case.

D. Players
1. Each team consists of five players.
2. There may be any number of substitutes. A girl may leave the game and reenter the game any number of times.
3. If one of the five players is disqualified, a team may continue play with four players. Less than four players will result in defaulted game.
4. Captain or co-captain is responsible for team play. A captain (or acting captain) must be on the playing court at all times.
5. Substitutes must report to the scorer and remain out of the game until beckoned in by the official.
6. A substitute shall not replace a player who is to take a jump or free throw.

III. BASIC SKILLS
A. Footwork
1. Running - Body leans forward as knees rise to medium height; arm action natural and relaxed.
2. Jumping - Knees flexed and arms relaxed. Arms thrust upward as legs straighten and body extends as high as possible.
3. Stopping - Running stride and jump stop most commonly used. In the running stride the player merely stops running suddenly, rear foot pivot foot. In the jump stop, either foot may be pivot foot. Knees should be flexed to stop forward body momentum.
4. Pivoting - Used to elude opponent by changing direction without progression.
5. Dribbling - Used to get somewhere with the ball; to allow time for setting up a play; to avoid losing ball. Player should be able to dribble with either hand. Never look at ball while dribbling, find a receiver. Initial impetus can be given with two hands but second and third taps must be given with one hand. Once the ball comes to rest in two hands, the dribble is over. Cannot bounce one, catch and bounce again.
Keep low. Use fingers and thumb tc contact ball.
6. Rebounding - Get into good rebounding position; jump and reach as high as possible.

III. BASIC SKILLS - continued

B. Passing and catching

1. General rules

a. Successful passing is the foundation of good basketball.

b. For all passes the ball should be gripped by the fingers and thumbs rather than palmed.

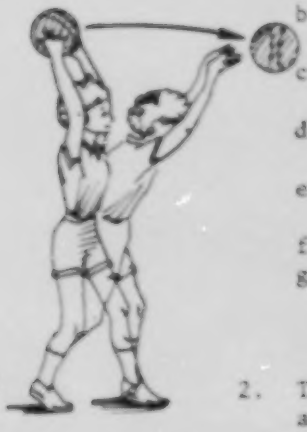
c. Passes to a moving teammate should be to a spot ahead rather than directly to her.

d. Players should run to receive the ball. Never run away from passes.

e. The level for passes should be between the shoulders and the waist.

f. Passes should be "soft" enough to catch and hold.

g. The hands and arms should "give" slightly on the impact of the ball and the arms should be placed immediately into position for a shot, drive, or pass. Keep eyes on ball at all times.



TWO-HAND OVERHEAD PASS

2. Types of passes

a. Chest pass - An effective short pass wherein the ball can be well controlled. Because many passes are caught chest high, the chest pass makes for a speedy recovery.

b. Two-hand underhand - Good short pass, particularly following a pivot or reverse turn. Because the pass is easily guarded, it is not effective with an opponent directly in front of the passer.

CHEST PASS

c. One-hand underhand - One of the most useful of the one-hand passes. With a feint it may be used often when guarded.

d. Bounce pass - Should be used sparingly as it is slow but with an opponent between the passer and receiver, it is often effective.

e. Two-hand overhead - If a high pass is caught, the ball may be thrown immediately in this position. It may be used by a player when guarded by a shorter opponent.

f. One-hand push pass - Used if the ball is shoulder height. Very natural pass to perform.

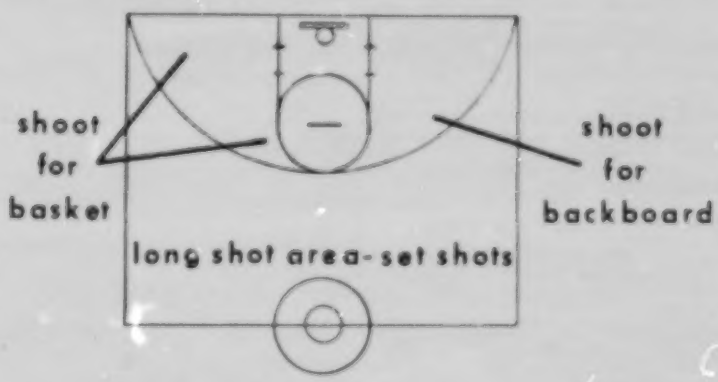
g. Hook pass - Advanced technique used to clear ball from congested area.

C. Shooting

1. Aim or placement of shots

a. Banked shots - Those aimed at a spot on the backboard (usually a 45° angle to the backboard).

b. Rim shots - Those aimed over the rim of the basket. (Long shots, and those made from directly in front of, or directly on the side of the basket)



III. BASIC SKILLS - continued

C. Shooting - continued

2. General hints

a. Usually, on all shots except layups, the player should shoot for the basket, focusing eyes on the near rim.

b. Accentuate the follow-through on all shots. Wrists should rotate the hands inward as the ball is released.

c. Work at short range first and gradually increase the distance.

3. Types of shots

a. Chest shot - Not good when closely guarded but can be performed with a high degree of accuracy.

TWO-HAND CHEST SHOT

TWO-HAND OVERHEAD SHOT

b. Underhand loop - Used for free throws because it can be easily controlled and doesn't require as much strength.

c. Two-hand overhead - The tall player has an advantage with this when guarded by a short person, but on the whole this is not a good shot.

III. BASIC SKILLS - continued
C. Shooting - continued
3. Types of shots - continued

LAY-UP SHOT

d. Lay up - A banked shot, good for use by a player who is cutting for the basket.

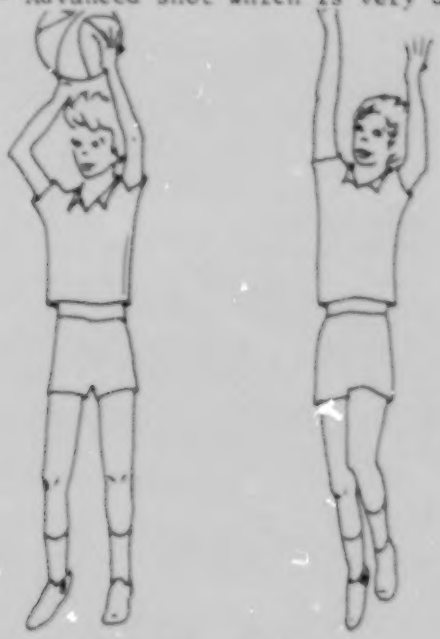
III. BASIC SKILLS - continued
C. Shooting - continued
3. Types of shots - continued
c. One-hand push -- used for free throws as well as field goal attempts. One of most commonly used shots.

ONE-HAND SHOULDER (PUSH) SHOT

f. Hook shot - Advanced shot which is useful because it is almost impossible to guard.

HOOK SHOT

III. BASIC SKILLS - continued
C. Shooting - continued
3. Types of shots - continued
g. Jump shot - Advanced shot which is very difficult to guard.



JUMP SHOT

h. Free throw - Usually the same type of shot should be used as is generally used for set shots.

IV. TEAM STRATEGY
A. Defensive
1. Individual defensive tactics
a. Use guarding stance - knees flexed, feet apart, weight on balls of feet; one arm extended up and diagonally forward, other arm extended out to side. Player is ready to slide or run in any direction.
b. Always stay between the offensive player and her basket. If she is a long way from it, give her more room; if she is near to it, stay close to her.
c. Guard closely any player who is shooting for the basket, but avoid fouling.
d. Play the ball, not the person. Try to intercept opponent's passes.
e. Stay in a crouch, like a boxer, unless running full speed. Keep your balance and don't cross your legs when shuffling or sliding.
f. Watch for feints or fakes. Don't be fooled.
g. Get in good position for rebounds. Try to block out your opponent.
h. Catch rebound with both hands rather than trying to tap it back.
i. When defensive player gets the ball, she should dribble or pass toward sideline away from the basket.
j. Never pass across opponent's goal.

IV. TEAM STRATEGY - continued

A. Defensive - continued

2. Types of team defense

a. Man-to-man

(1) Each player is assigned an opponent to guard. She keeps between her and the basket and keeps up with her, wherever she goes.

(2) This type of defense is more individualistic than zone.

(3) Close guarding makes possible more body contact and fouling, and increases the difficulty of guarding an evasive opponent.

(4) Players may be required to switch opponents temporarily if one loses her own.

b. Zone

(1) Each player is assigned a specific area of the court to guard. She guards any opponent who moves into that area. If more than one opponent moves into her area, a teammate will come in to assist her. (This depends on the type of zone used.)

(2) This type of defense concentrates on the scoring area around the basket, since most girls cannot shoot as accurately from 18'-20' out.

(3) Zone defense is "ball-oriented." Players face the ball at all times. Only the player with the ball is actively guarded. The other defensive players guard spaces and attempt to block passes, intercept passes, and block moves of other offensive players.

(4) There are many types of zone defenses or combinations of zone and man-to-man.

B. Offensive

1. Individual offensive tactics

a. Player should keep moving - never stand still.

b. Passes should be made ahead of the moving player - not directly to her. When close to receiver, pass should be easy.

c. Cut in front of opponents to receive passes.

d. Dribble only when necessary.

e. Follow up long shots to retrieve ball from backboard.

f. Shoot when there is a good opportunity to score.

g. Always watch the ball - either directly or from the corner of the eye.

h. Quick, direct passing is more effective than long passing.

i. Passes and movements should be made toward the basket or shooting area.

2. Types of offense

a. Against man-to-man defense

(1) Elude defense and make direct attack on goal.

(2) Keep opponents spread.

(3) Pass and follow passes to basket.

(4) Dribble, screen, and cut against man-to-man.

(5) Use fast breaks; offense begins as soon as team gains possession of ball.

IV. TEAM STRATEGY - continued
B. Offensive - continued
2. Types of offense - continued
b. Against zone defense
(1) Pass quickly around outside of zone to force the defensive team out of position in order that a good shot may be taken.
(2) Overload a zone to one side, then pass to player cutting in to weak side.
(3) Use long shots to draw defensive players out; then pass in quickly to player cutting in to basket.
(4) Send player down middle of zone.
(5) Use screen plays when possible.
C. Jump ball
1. Proper placement is necessary - face own basket if you are jumper.
2. Jumper should turn side to center of circle with hitting around toward opponent.
3. Swing arm diagonally for hit, never toward the opponent's hand because of the danger of fouling her.
4. Learn to hit ball in front of or back of self in order to send ball to teammate.
5. When possible, tip ball between 2 teammates or into an open space where it can be easily recovered by a teammate.
6. Have tallest teammate on side of circle nearest basket.
7. Defensive players should endeavor to get between offensive players and basket.
8. The jump should be started just before or just as the ball reaches its highest point.
9. Fingers and wrists are flexed to top the ball, enabling the player to better direct the ball.
D. Out-of-bounds
1. Used to allow a player to get free for the incoming pass.
2. Used to set up opportunities for scoring.
3. Offensive players should be moving to receive passes, not standing still.
4. Set plays may be used, but not forced.

V. RULES AND SCORING
A. Rules
1. Preliminaries
a. The captain of the visiting team shall have choice of baskets.
b. Neutral teams shall toss a coin to determine choice of baskets.
c. Teams shall exchange goals at the end of first half.
2. Starting play
a. Each quarter shall be started with a jump ball between any two opposing players in a circle.
b. Thereafter, whenever a field goal is scored, the ball is put in play by an opponent out-of-bounds at the end line.

V. RULES AND SCORING - continued

A. Rules - continued

3. Jump ball

a. Taken in center of nearest restraining circle for tie ball, double violation, two opponents hitting ball out of bounds at same time, and ball lodging in supports.

b. Taken in center restraining circle to begin each quarter, following double foul free throws, and at the beginning of each extra period of a tie game.

c. Tap (twice if necessary) with one or two hands to your player or where she may be expected to reach the ball first.

d. Jumpers must let ball bounce or be played by another player before they catch it. Others on outside of circle may catch the ball after the tap.

e. On a tie ball or violation, the two girls involved must jump. After double foul or at beginning of quarters, any two girls may take the jump.

f. If one jumper fails to stay in her half of the circle or someone steps inside the circle before the jump is completed, a violation has occurred. However, if the opponent of the offender gets control of the ball, no whistle is blown. If the teammate of the offender gets the ball, a violation is called and the ball is awarded to the opponent out of bounds on the side.

g. A tie ball and a jump ball are two distinct basketball situations.

h. It is a violation not to hold position around restraining area until the ball is tossed.

i. No player may extend her arms in front of opponent standing inside her around circle.

4. Out-of-bounds

a. Ball is awarded out-of-bounds

(1) At side lines:

(a) When player causes ball to go out-of-bounds at side.

(b) When there is a violation.

(c) After a dead ball while team has ball and no foul is involved.

(d) When unsuccessful free throw does not touch ring.

(2) At end line:

(a) After a successful field goal.

(b) After a successful free throw (except following a double foul).

b. Player with ball is out-of-bounds if she steps on or over the line.

c. Ball is out-of-bounds when it touches the floor, any person or object on or outside of boundary line, the supports, or back of backboard.

d. Throw-in

(1) If out-of-bounds space is limited to three feet or less, no part of <u>any</u> player within the court may come nearer than three feet until the ball leaves thrower's hands.

(2) Player taking throw-in may not step on or over boundary line until ball leaves her hand.

(3) When taking a throw-in after a successful field goal or free throw, the first girl on a team who steps out of bounds on the end line must take the throw-in.

V. RULES AND SCORING - continued

A. Rules - continued

5. Free throw

a. The player who was fouled must take the free throw.

b. In lining up at the lane, the defense team shall have both lane positions nearest the basket, alternating teams thereafter. One player from each team must line up at each of the lane lines, with no more than two players from each team at each line.

c. If the goal is made, the opponent throws in the ball from behind the end line.

d. If the goal is missed, and the ball touches the rim, the ball is in play.

e. If ball misses completely or hits the backboard, the ball is put in play by opponents out-of-bounds at the side line opposite the free throw line.

f. No player may step on or over the restricted area or extend her arms or enter lane space of another player until the ball hits the rim.

(1) Violation by offense - goal if made shall not count. Opponent receives ball out-of-bounds at side line.

(2) Violation by defense - goal, if made, shall count. If goal is missed, free throw is repeated.

(3) Double violation - goal does not count. A jump ball is taken in the nearest restraining circle.

g. When multiple free throws are awarded the same team, the ball is dead after all but the last free throw.

h. When double foul free throws are taken, play is resumed by a center jump.

6. Violations and penalties

a. Penalty for all violations is awarding of ball to opponent out of bounds opposite spot where violation occurred. The only times the ball is not taken out of bounds on the side line after violation occurs is when a ball or a player with the ball goes out of bounds over the end line or a double violation occurs. In that case the ball is in play at the end line.

b. Types of violations

(1) Line violations

(2) Ball handling violation

(a) Kicking

(b) Striking with fist

(c) Holding ball too long

(d) Illegal methods of dribbling

(3) Three-second lane violation - offensive player without ball remaining for more than 3 seconds in the free throw lane.

(4) Traveling

(5) Field goal violations

(a) Goal tending

(b) Throwing for basket from out-of-bounds

(6) Free throw violations

V. RULES AND SCORING - continued

A. Rules - continued

7. Fouls and penalties

a. Penalty for fouls is one free throw at basket; if fouled in the act of shooting and basket is made, the goal counts and a free throw is awarded. In this situation, if the basket is missed, 2 free throws are awarded.

b. When one commits a foul and the official blows her whistle, the player must raise her hand so scorers can identify her.

c. During the last 2 minutes of the fourth quarter and during all overtime periods, an individual foul is penalized by awarding two free throws, unless the fouled player scores a goal in which case only one free throw is awarded.

d. Types of fouls

(1) Individual

(a) Blocking
(b) Charging
(c) Hocking
(d) Holding
(e) Pushing
(f) Pulling opponent off balance
(g) Threatening eyes of opponent
(h) Tripping
(i) Delaying game
(j) Unnecessary roughness or unsportsmanlike conduct (may be a single disqualifying foul)

(2) Team

(a) Illegal substitution
(b) Leaving court without permission
(c) Failing to raise hand above head after foul
(d) Taking more than the legal number of time-outs

e. Disqualification

A player is automatically disqualified and immediately removed from the game after :

(1) Five individual fouls
(2) A single disqualifying foul

B. Scoring and timing

1. Scoring

a. Field goal - 2 points
b. Free throw - 1 point
c. Winner of game - team with greatest number of points
d. Defaulted game - 2-0 or score stands as is at time of default.

2. Timing regulations

a. Game shall consist of 4 quarters of 8 minutes each.
b. Two-minute intermission between quarters.
c. Ten-minute intermission between halves.
d. Five time-outs may be called by each captain or coach when in possession of ball or when ball is dead. Duration of 1 min. each.
e. Substitution - 30 seconds for each team. Time-out can be taken for substitution any time ball is dead.
f. Play-off of ties - If tied at the end of 32 minutes of play, the game shall be continued without change of baskets for one or more extra periods of 3 minutes each with an intermission of two minutes before each extra period. Each extra period shall be started by a jump ball in the center restraining circle between any two opposing players. Additional extra periods shall be played if the score remains tied at the end of the first extra period. The game is ended if either team is ahead at the end of any extra period.

V. RULES AND SCORING - continued
B. Scoring and timing - continued
2. Timing regulations - continued
g. Time is in:
(1) When ball touches a player on court after missed throw which has touched the ring.
(2) When out-of-bounds ball touches a player on the court.
(3) On a jump ball as soon as the ball is tapped.
h. Time is out (game watch is stopped) for:
(1) Fouls
(2) Jump balls
(3) End of quarter
(4) Team time-out
(5) Violations
(6) Injuries
(7) Official's time-out - any occasion deemed necessary
(8) Substitutions

VI. BIBLIOGRAPHY
1, 2, 5, 22, 24, 25, 28, 30, 31, 36 (see complete bibliography)

FIELD HOCKEY

I. HISTORY

Hockey is undoubtedly the oldest sport played with a stick and a ball. About 2500 years ago the early Greeks and other ancient nations played a game very similar to our present-day hockey. Some centuries later it was found that the game was being played in France and was called "hoquet" (pronounced like we do). Then the English liked it and began to play it under the name of "hokay"; Ireland--"hurley"; Scotland--"shinty"; Wales--"bandy"; London--"hockie" or "hackie." Later when ice hockey became popular this game was called "field hockey."

Originally it was an activity for men, but now it is played almost exclusively by girls and women. The women gave it a try and liked it so well that they adopted it, revised the rules to make them suitable for women's play, and popularized the game for women throughout the world. In the 1880's and 1890's the men in America tried the game but it was met with little favor.

The first evidence of women taking up the sport was the formation of teams in the women's colleges of Oxford and Cambridge (in England) in 1885. In 1901 Constance M. K. Applebee, of the British College of Physical Education, demonstrated the game of field hockey during a visit to Harvard summer school.

In 1920 America's team traveled to England and later an English team came to the United States, thereby establishing it as an international game.

In 1922 the United States Field Hockey Association was formed in Philadelphia to govern the sport for women and to advance hockey as a game for schools, colleges, and clubs. In 1927 the International Federation of Women's Hockey Association was formed.

Many countries now send a team composed of their top players to the International Hockey Matches, which are held every four years. In 1963 the matches were held at Goucher College in Baltimore.

II. GENERAL DESCRIPTION

A. Game

1. Hockey is a field sport in which two teams of eleven players each try to score goals, using a wooden stick and a hard ball.
2. Players move the ball by dribbling and passing.
3. The goalkeeper is permitted certain kicking privileges. All others may use only the stick to play the ball.
4. An official game is played in two 30-minute halves with a ten-minute half time. Teams change ends of field at half time.
5. School varsity games are 20-minute halves, junior varsity are 15-minute halves, and colleges are usually 30-minute halves.
6. Time out is allowed only for injury.
7. There is no overtime play if the game is tied.

II. GENERAL DESCRIPTION - continued

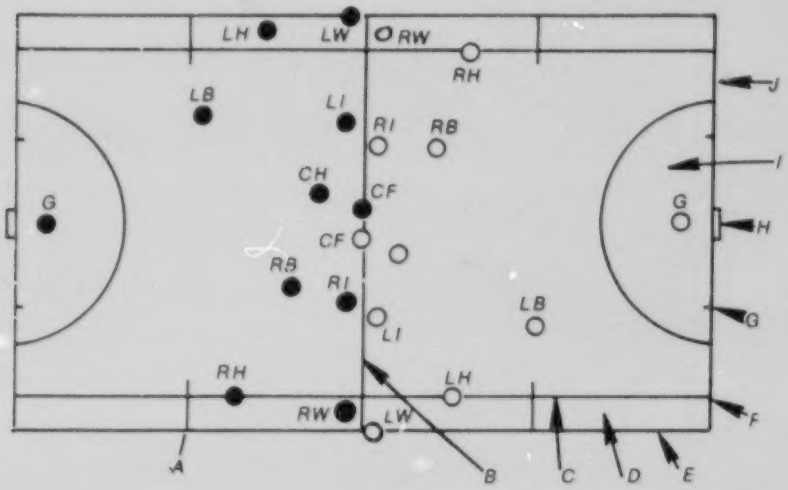
A. Game - continued

8. The object of the game is for attacking team members to hit the ball past the opposing defending players and into the goal.

9. Captains toss for choice of goals unless there is a visiting team. Visitors get their choice. Captains also agree on length of halves and time between halves.

B. Equipment and facilities

1. Field



A -- 25-yard line mark
B -- Center line
C -- Alley line
D -- Alley (5 yards wide)
E -- Sideline (90-100 yards long)
F -- Long corner mark
G -- Short corner mark
H -- Goal cage (4 yards wide)
I -- Striking circle (15 yds.)
J -- End line (50-60 yds. long)

2. Equipment

a. Ball

(1) Made of cork and string, covered with white leather or plastic.

(2) Is slightly larger than a baseball and is quite hard.

b. Stick

(1) Usually weighs 17-21 ounces.

(2) Usual length, 35-38 inches.

(3) Select a stick by standing erect and grasping the stick as for a drive and swing it in front of the body past the feet. It should just clear the ground. Another method is to hold the stick along the right side of the body with the toe on the ground. The top of the handle should reach the top of one's hip bone. Forward line players should choose lighter weight sticks; backfield should choose heavier sticks.

(4) Stick is constructed with a handle made of cane with rubber or cork inserts, and a head of ash or mulberry wood. The left side of the head is flat and is used in hitting the ball. The right side of the head is rounded and may not be used for hitting the ball at any time.

II. GENERAL DESCRIPTION - continued

B. Equipment and facilities - continued

2. Equipment - continued

b. Stick

(5) There are no left-handed hockey sticks; right and left-handed players use the same stick and grip.

(6) Parts of a stick

(a) Handle (covered with rubber grip)

(b) Head

(c) Toe

(d) Blade (hitting surface)

(e) Heel

FIELD HOCKEY STICK

3. Care of equipment

a. Stick - Wipe dry if grass is wet; do not hack or chop with it; do not drag it along as you walk; do not pick off rubber grip; do not use it to hit gravel. Return to assigned area as directed.

b. Balls - Return to assigned area. Never leave field until all balls are accounted for. Center forward is responsible for getting ball to center for bully.

c. Shin guards - Buckle shin guards together when returning them to assigned area as directed. Store them with number side up.

d. Goal keeping equipment - Buckle boots together and pads together and return to area as directed.

e. REPORT ANY DAMAGE TO YOUR TEACHER SO THAT MINOR REPAIRS CAN BE MADE!

4. Costume

a. Gym suit in class; tunic or kilts for teams.

b. Socks and rubber-soled shoes are essential. Rubber-cleated shoes are helpful on wet or muddy fields.

c. Shin guards to protect the lower legs (buckles to the outside of leg).

d. Goalkeeper wears white hockey leg pads and goalie boots or kickers. Leg pads extend from ankle to thigh. Should be buckled to the outside of the player's legs.

C. Players

1. A hockey team is composed of five forwards (a center forward, two inners, and two wings), and six defenders or defensive players (three halfbacks, two fullbacks, and a goalkeeper).

II. GENERAL DESCRIPTION - continued

C. Players - continued

2. "Right" or "left" precedes the position names of inners, wings, and fullbacks. This is determined by a player looking at the opponent's goal and ascertaining whether she is on the right or left of the field. Therefore, opponents are opposites (as right wing will be lined up across from opposing left wing). Halfbacks are called right, left, and center.

3. Every player must carry a stick during the game and use it to move the ball (except the goalkeeper who does not have to use the stick although she holds it).

III. BASIC SKILLS

A. Individual skills

1. Footwork with the stick is very important. There are so many varying and changing situations constantly arising on the field of play that one must react quickly and coordinate with stick and footwork. The feet must maneuver the player into the proper relationship to the ball, not the ball to the feet. Players at all times must keep the eyes on the ball.

2. Grip - Get the heel of the stick on the ground in front of the left foot and grip the top of the stick with the left hand as if shaking hands with the stick. Place the right hand directly below the left. Lift the club to horizontal position with toe of stick pointing directly upward. The V formed by each thumb and index finger of each hand line themselves directly in alignment with the toe of the stick. The grip is held firm yet not tense. The heel of the stick is placed to the right front of the right foot. This is the basic fundamental position for all strokes. The left hand remains the same. The right hand will adjust and readjust itself down or up the stick to the situation of each stroke.

3. Carrying the stick - Left hand at top, right hand several inches down, with the stick diagonally across thighs, blade close to ground ready to play the ball.

4. Dribble - Dribble is a series of short taps on the ball so a player can advance the ball.

DRIBBLE

a. In performing the dribble, the arms should be relaxed, the left elbow held away from the body with the left shoulder slightly in advance and the right hand grip several inches below the left hand. The stick is held perpendicular and the impetus given to the strokes in the dribble is principally a wrist action.

b. The ball should be kept in front of and slightly to the right of the right foot, 1-3 feet, close enough to the dribbler to control it.

c. As running speed increases, so the strokes should be played stronger.

III. BASIC SKILLS - continued

A. Individual skills - continued

DRIVE TO THE RIGHT

5. Drive - Drive is a powerful stroke used for passing and shooting.
   a. Hands are <u>together</u> on stick with stick perpendicular to the ground. Stick swings with a pendulum-like motion in line with the intended path of the ball. Stick should not be raised higher than the shoulder.
   b. Drives may be stationary or moving.
   c. Drives may go in any of three directions:
      (1) Left - Ball played from in front of the feet. Direction of movement from right to left.
      (2) Right - Ball is played to the right and behind the feet well back from the fundamental drive position. The left foot steps forward as the drive is made. A pivot of the shoulders and hips to the right is made on the backswing and then a follow-through to the right is made on the right of drive stroke.
      (3) Straight ahead or goal drive - Ball should be to the right front of the right foot.
6. Push pass - Push pass is wrist stroke used to pass quickly to a teammate. There is no backswing. The body is in a slightly crouched position.
   a. Grip is same as for dribble. Hands may be slightly farther apart.
   b. With the blade directly behind the ball, the right hand pushes sharply forward simultaneously with a slight pull back with the left. Weight is transferred from rear to forward foot. No backswing is involved.
   c. The follow-through continues until the right arm is straight and toe of stick faces up.
7. Scoop - Scoop is used for short passes, goal shooting, and as a dodge.
   a. Lay the stick back so that the blade slants upward.
   b. Separate hands, with the left at the top and the right midway down the stick.
   c. Ball should be in front and slightly to the right of the forward foot.
   d. Place the stick blade under the ball, scoop or lift up and shove forward by pulling upward and forward with the right hand, simultaneously with a downward thrust of the left.
8. Flick
   a. Accurate and hard to intercept, the flick is similar to the push pass except the ball is lifted slightly off the ground. No backswing. Body is in a slightly crouched position.
   b. As the stick contacts the ball both wrists and the left arm twist quickly to the left.
   c. The hitting surface should be turned toward the ground at the completion of the stroke.
   d. Emphasis is placed on a low follow-through.

III. BASIC SKILLS - continued

A. Individual skills - continued

9. Jab or job - Used for spoiling a drive or shot by opponent.
   a. It is merely jabbing the heel or toe of the stick against the ball.
   b. It is used when no other stroke can be used.
   c. The stick is held in one hand, and the ball is pushed aside just before opponent can complete a dribble or drive.

B. Team skills

1. Receiving, fielding, and passing
   a. Fielding, or receiving a ball, may be done when either stationary or moving. The feet should be in line with the oncoming ball. The right hand drops slightly down the handle of the stick for better control.
   b. There are several important fundamentals to remember as a ball is approaching the receiver, such as:
      (1) Keep the eyes on the ball.
      (2) Point the stick at the ball as it approaches, and lower it to graze the ground.
      (3) As ball comes in contact with stick, let the blade give with the ball so that hands on the handle are ahead of the ball.
      (4) Stop it or control it.
      (5) Maintain an easy grip.
      (6) In stopping a hard driven ball, let the blade give so that the ball does not rebound.
      (7) Place the ball in position before playing it.

STOPPING THE BALL

2. Tackle -- An attempt made to take the ball away from another player or to force her to pass.
   a. The instant the opponent's stick is away from the ball is the moment to tackle.
   b. Try always to move and not to stand still while tackling.
   c. Types of tackles
      (1) Straight or straight-on
         (a) Made from the front. Meet the opponent stick to stick.
         (b) Keep the eyes on the opponent's stick and ball. Reach in and place the stick against the ball. Maintain pressure on the ball, without swinging.
         (c) Keep body weight controlled to avoid collision.
         (d) Be deceptive in your tackling movement.
         (e) Tackle unexpectedly.
      (2) Left hand lunge (you are on opponent's stick side)
         (a) This approach is used when would-be tackler and opponent with ball are moving in the same direction. The stick is in carrying position. As the lunge is made the weight is on the left foot, the stick held only in left hand. The stick head thrown down, just in front of the ball so that it traps the ball on the stick. The tackler quickly turns to her left, places her right hand on the stick, and begins dribbling.

LEFT HAND LUNGE

III. BASIC SKILLS - continued

B. Team skills - continued

(b) Tips

Do not get too close to opponent.
Allow plenty of room to complete lunge stroke and body movements.
Cause your opponent to overrun the ball.
Carry the stick low during attack.
Judge the lunge accurately and time your stroke to hit the ball while your opponent's stick is in the backswing of her dribbling stroke.
Be alert to pivot when capturing the ball.

(3) Circular tackle - To attack from the left side is a weak play because opponent will control ball from her right. The attacker must then outrun her opponent by at least a stride or two and circle around in front of her, then with quick strokes (short taps) take the ball or pass to a teammate.

CIRCULAR TACKLE

3. Ways to evade an opponent

a. Dodges - Ways the player with the ball avoids an opponent. Element of surprise is important.

(1) Non-stick - Send the ball to the tackler's non-stick side with a short pass so it rolls behind the opponent. The dodger runs past the stick side of the opponent. Sometimes called "push right, run left," this dodge is easily intercepted if the ball is sent too far, attempted too soon, or there is an opponent nearby.

(2) Pull dodge (sometimes called "L") - Just before the player expects to be tackled, she pulls the ball a few inches to her own left and immediately continues to dribble.

(3) Scoop

b. Triangular pass - Must have the help of teammate to execute. Pass to teammate and run around opposite side of opponent (than that to which ball was passed) ready to receive the ball from the teammate to whom you passed.

c. Pass to teammate.

4. Bully

a. Used by two opposing players to put the ball in play at the beginning of each half, after each goal, and after some fouls.

b. Players taking the bully stand facing each other and opposite sidelines. The players' feet are apart, knees bent, and weight forward. The right hand should be halfway down handle to give support.

c. The players tap the ground, thentheir opponent's stick. Do this three times.

III. BASIC SKILLS - continued

B. Team skills - continued

4. Bully - continued

d. After the third tap of the sticks, either player may play the ball. All the other players must be five yards away until bully is completed.

e. Bully is used to:

(1) Start the game at the beginning, after half time, and after a goal has been scored.

(2) Restart the game after a penalty bully.

(3) Restart the game after a simultaneous foul by two opponents.

f. Three possible bullies

(1) Pull the ball to the right with your stick and drive.

(2) Flick ball so that it passes between heel of opponent's stick and her foot.

(3) Push and lift ball over opponent's stick.

(4) Push ball between opponent's feet.

5. Penalty bully

a. This is given for a foul by the defensive team committing:

(1) A foul preventing a sure goal from being scored.

(2) A foul that is a willful breach of rules.

(3) Deliberate or repeated fouling.

b. A penalty bully is taken five yards out from the center of goal line by the player who fouled and any player chosen by the attacking team.

c. All other members, including goalkeeper, if she is not the defensive member participating, are beyond the 25-yard line and may not take part in the game until the penalty bully is completed. One of the following will result:

(1) A goal is awarded to the attacking team and the penalty bully is completed when:

(a) The ball goes over the goal line between the goal posts off the stick of either player.

(b) The defender commits a foul.

(2) There is no score, the penalty bully is completed and the game is restarted with a bully in the center of the 25-yard line when:

(a) The defender hits outside the circle.

(b) Attacker hits ball over goal line not between goal posts.

(c) The attacker fouls.

(3) The penalty bully is repeated when:

(a) The defense hits ball over goal not between posts.

(b) The ball goes out of the circle or over the goal line off the sticks of two opponents simultaneously.

(c) There is a double foul.

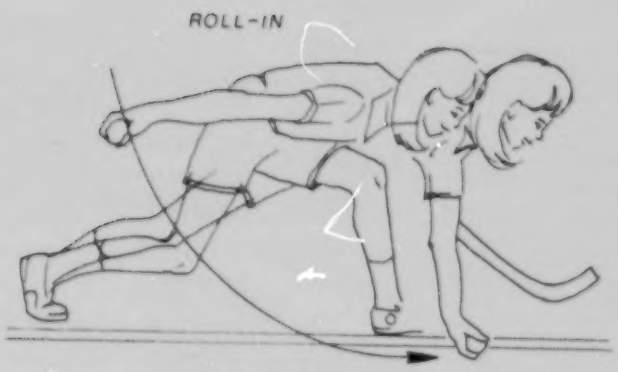
(d) There is an improper bully.

(e) The ball unavoidably touches the person of the defense.

III. BASIC SKILLS - continued

B. Team skills - continued

6. Roll-in - Method used to put the ball in play after it has gone out of bounds over the sideline.



a. Usually taken by halfback or fullback, the ball is rolled by a player outside the field to a teammate.

b. All players must be outside the alley until the ball has been released. It is wise for offensive players of attacking team to put themselves ahead in order to receive the ball.

c. The halfback taking the roll-in must have feet and stick outside the field, and have stick in one hand.

d. The ball is rolled along the ground into the field not bounced or thrown. It is important to be able to take roll-ins with either hand. Ball must touch ground within three feet.

7. Free hit

a. Is taken:

(1) After a foul is committed on field outside of striking circle. Hit is taken on spot of foul by opposing halfback or fullback.

(2) When attacking team fouls inside circle, the hit is taken on the edge of circle by opposing fullback.

(3) When attacking team hits ball over end line not between goal posts. Taken on 16-yard line by opposing fullback or halfback.

b. Rules

All players must be five yards away from hit and ball must be stationary. Player taking hit may hit the ball only once.

8. Corner

a. This formation is awarded as an advantage to the attacking team and has two variations.

(1) Long corner--sometimes called only a corner-- is awarded when ball unintentionally is sent over the goal line, not between the goal posts off the stick of the defender. The ball is placed five yards from the corner either on the goal line or side line, preferably on the goal line, on that side of the goal where the ball went out.

(2) Short corner--sometimes called a penalty corner--awarded when:

(a) The ball goes over the goal intentionally played by the defense.

(b) The defense fouls in the striking circle.

(c) The corner is taken from the nearer goal post on either side of goal on the end line. The attacking team may choose on which side the penalty corner will be taken--usually on the side where the infringement occurred.

III. BASIC SKILLS - continued

B. Team skills - continued

8. Corner - continued

b. Corner play

(1) Usually the wing of the attacking team takes the hit for the corner. The other forwards station themselves around the circle, sticks and feet just outside the circle line. The halfbacks back up the forwards.

(2) The six players of the defending team are stationed with their feet and sticks behind the goal line. Each player is opposite the stick of the person she is to cover. The five forwards of the defending team remain at the 25-yard line.

(3) No player is to be nearer than five yards to the player taking the hit. As soon as the ball is hit, these players may move. Other defending players may not be nearer than the 25-yard line and cannot cross the line until the ball has come out of the circle.

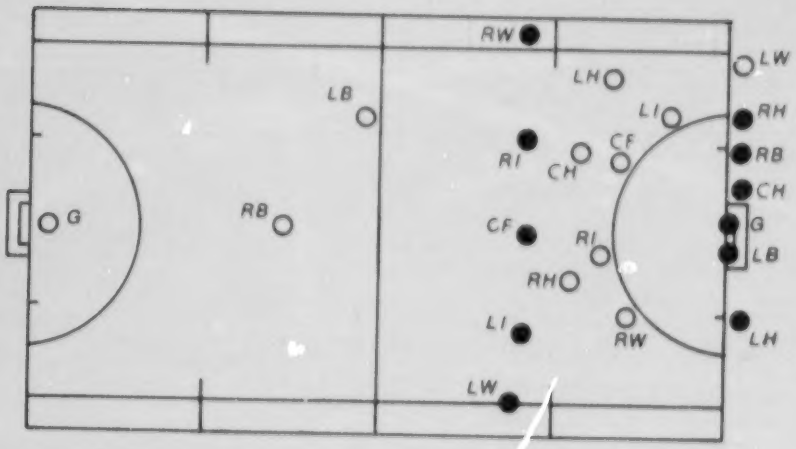
(4) The wing usually passes to one of the other forwards. No player may shoot for the goal unless the ball has been controlled.

(5) To execute a good corner, the wing hits hard but the ball stays on the ground and does not bounce. The forward executes a good stop and a quick shot at the goal.

(6) Penalty for failure to follow regulations

(a) By attacking team - Free hit for defending team anywhere in circle.

(b) By defending team - Take corner again.



LONG CORNER

III. BASIC SKILLS - continued

B. Team skills - continued

9. Defense tactics

a. Marking - Each back should guard a forward line player, staying close in order to intercept her passes or to tackle. The right halfback should mark the left wing; the right fullback, the left inner; the center halfback, the center forward; the left fullback, the right inner; and the left halfback, the right wing.

b. Interchanging - Although beginners should learn to play their own position well, advanced players should master the techniques of interchanging positions and covering; i.e., the defensive players change positions as safety players or as hastily-shifted defensive blocks set up to catch an unguarded, rapidly advancing player with the ball.

c. Covering - To facilitate the interception of long passes and to cover their own half of the field more adequately, fullbacks and sometimes halfbacks may play in a deeper defensive position.

d. Intercepting - In order to be adept at interception, players must watch the ball closely at all times and be ready to move quickly into free space through which a pass might be attempted.

10. Scoring

a. For a goal to count, at least one member of the attacking team must contact the ball within the defender's striking circle.

b. Goals count one point and are scored only if the whole ball passes over the goal line into the goal cage.

IV. RULES AND SCORING

A. Fouls - A player:

1. Shall not, when playing the ball, raise any part of her stick above her shoulder in the front or rear.
2. Shall not undercut the ball or hit in any dangerous manner (dangerous hitting).
3. Shall not pick up, push, or throw the ball with her hands. Shall not use her hands on the ball except to stop it. Ball may be caught or stopped with an open hand, but the rebound must fall straight down.
4. Shall not use her feet or any part of her person for stopping the ball (goalie excepted).
5. Shall not hit or pass the ball between her feet.
6. Shall not hit or stop the ball with the rounded side of the stick.
7. Shall not trip, shove, push, charge, strike at, or in any way personally handle her opponent.
8. Shall not trip, strike, hook, lift, hold, or interfere in any way with her opponent's stick.
9. Shall not obstruct her opponent by running between her opponent and the ball, or by using her feet or any part of her body to prevent her opponent's playing the ball (obstruction).
10. Shall not take part in the game unless she has her stick in her hand.
11. Shall not delay the progress of the game for any reason.
12. Shall not get ahead of the ball with less than three defensive players between her and the goal when her team is attacking beyond the 50-yard line (offsides).

IV. RULES AND SCORING - continued

B. Penalties for fouls

1. Outside the circles

Free hit for the opponents on the spot where the foul occurred.

2. Inside the circles

a. Foul by attacking team -- free hit for the defense on the edge of the circle. Fullback takes hit.

b. Foul by defending team -- short corner hit for attacking wing (usually). Could be penalty bully if the defending team prevented a goal from being made by trapping ball or if defending team repeatedly fouled (see diagram).

V. BIBLIOGRAPHY

1, 2, 6, 23, 24, 30, 36 (see complete bibliography)

		Bullies well Is last defense Clears to the side Controls the ball when stopping		
		G		
Takes roll-ins Takes free hits Can drive to right Is sure to stop and tackles Marks L.W.	Takes free hits Marks L.I. Clears to R.W. & R.I. Supports RI on bullies	Takes free hits Marks CF Distributes the play Passes right or left easily	Take free hits Marks RI Clears to LW & LI Supports LI on bullies	Takes roll-ins Takes free hits Places well for LW Sure of stops and tackles Marks RW
RH	RF	CH	LF	LH
Takes corners Takes bullies Dribbles well Centers easily Avoids out-of-bounds	Shoots well Rushes goal Bullies well Can dodge well Passes right and left easily	Pivot of forward line Distributes play Rushes goal Shoots well Can pass right or left	Shoots well Rushes goal Bullies well Receives well from right Can dodge Passes right and left easily	Can pass right Takes corners Takes bullies Dribbles well Can pick up ball from right Avoids out-of-bounds
RW	RI	CF	LI	LW
DRIBBLE -- until you draw out the defense PASS -- when you are about to be tackled CENTER -- when you reach the 25-yard line SHOOT — as soon as you are in the circle and follow up your shot TACKLE BACK — once only and immediately when robbed of the ball				
LW	LI	CF	RI	RW
TACKLE -- when opponent has possession of ball TACKLE BACK -- repeatedly when opponent robs you of the ball MARK -- when ball is on your side of field always mark in circle COVER — when ball is on far side of field; fullbacks only; halves not so deeply				
LH	LF	CH	RF	RH
		Wears protective equipment Studies opponent's game		
		G		

SOCCER

I. HISTORY

The origin of soccer is somewhat vague and has been attributed to widely separated places such as Sparta, Ireland, Greece, England, and Rome. An inflated animal bladder organ covered with leather was moved by sheer force through alleys, streets, and out into vacant fields between goals often located miles apart. Although many English monarchs passed edicts forbidding their subjects to play this bloody, brawling sport somehow the game survived through the centuries. J. C. Thring, an Englishman from the upper class, drew up the rules, giving the game respectability by making soccer safer to play and introduced it into private schools and adult clubs of England. Soccer has been played in the United States since Colonial times and the first regulation game was played between Rutgers and Princeton in 1869. Soccer was introduced for the first time in a women's college at Bryn Mawr in 1919. It was not until 1927 that the first soccer rules for girls and women were set up by the National Section on Girls' and Women's Sports. It is an international game and a national game in 53 countries.

II. GENERAL DESCRIPTION

A. Game

1. Requires vigor and stamina
   Running, stopping, starting, turning, kicking
2. Ball is controlled by feet and body - no hands or arms.
3. A game of teamwork and cooperation.
4. Object is for one team to propel the ball by passing and dribbling to the opponents' goal and scoring, while the other team is protecting their goal and trying to gain possession of the ball.

B. Terms

Attackers -- Players in possesion of the ball or attempting to make a goal in the opponents' half of field.

Blocking -- Using any part of the body except the arms and hands to stop the ball.

Corner kick -- Place kick taken on the goal line, five yards from nearer corner when the ball is sent over the end line or cross bar by a defending player.

Defenders -- The members of the team not possessing the ball, or attempting to prevent the ball from going into their own goal.

Defense kick -- A place kick from anywhere on the penalty area circle by a defender when the attacking team sends the ball over the end line not between the goal post.

Dribble -- Advancing the ball by a series of short kicks.

Drop kick -- A kick by the goalkeeper in which the ball is dropped to the ground and kicking it as it bounces upward.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Field goal -- A two-point score which results when a ball has been legally kicked or advanced by the body from any place on the field between the goal posts.

Foul -- Infringement of rules for which a free kick or penalty kick is awarded.

Free kick -- Awarded to the opposing team when a foul is committed anywhere except in the penalty area by the defending team.

Heading -- To hit the ball with the head.

Kick-in -- Place kick from sideline to resume play after the ball goes out-of-bounds over the sidelines.

Kick-off -- Taken by center forward, who kicks ball forward or to the sides, at the beginning of the game, at each quarter or after each goal is scored.

Off-sides -- A player who has less than three opponents between herself and the goal and is ahead of the ball in her opponent's half of the field.

Passing -- Kicking or heading a ball to a teammate.

Penalty kick -- A place kick taken on the penalty kick mark (24 inch line) twelve yards from the center of the goal that is awarded when any member of the defending team fouls in the penalty area. The goalkeeper may stand on the goal line to defend while all other players must be out of the penalty area. Successful penalty kick goal - one point.

Penalty area -- Similar to area of hockey stroking circle. Quarter circle 15 yd. radius.

Place kick -- Kicking the ball from a stationary ground position. All other players five yards away. Ball must roll the distance of its circumference, after being kicked, before an opponent or teammate may play it.

Punt -- A kick by the goalkeeper, who drops the ball and kicks it with the top of her foot before it touches the ground.

Restraining lines -- Lines drawn five yards from the halfway line and parallel to it.

Roll-in -- Rolling the ball by the umpire from a point on the sideline between two opposing players after a foul by both teams, or after opponents have simultaneously kicked the ball out of bounds.

Tackle -- Method of getting the ball away from an opponent by use of the feet without body contact.

Trapping -- Stopping and gaining control of the ball by use of a foot, one or both legs, or body.

Volleying -- Playing a ball which is in the air with the shoulder, hip, leg, head, or foot.

C. FACILITIES AND EQUIPMENT

1. Field (see illustration at top of next page).

2. Equipment

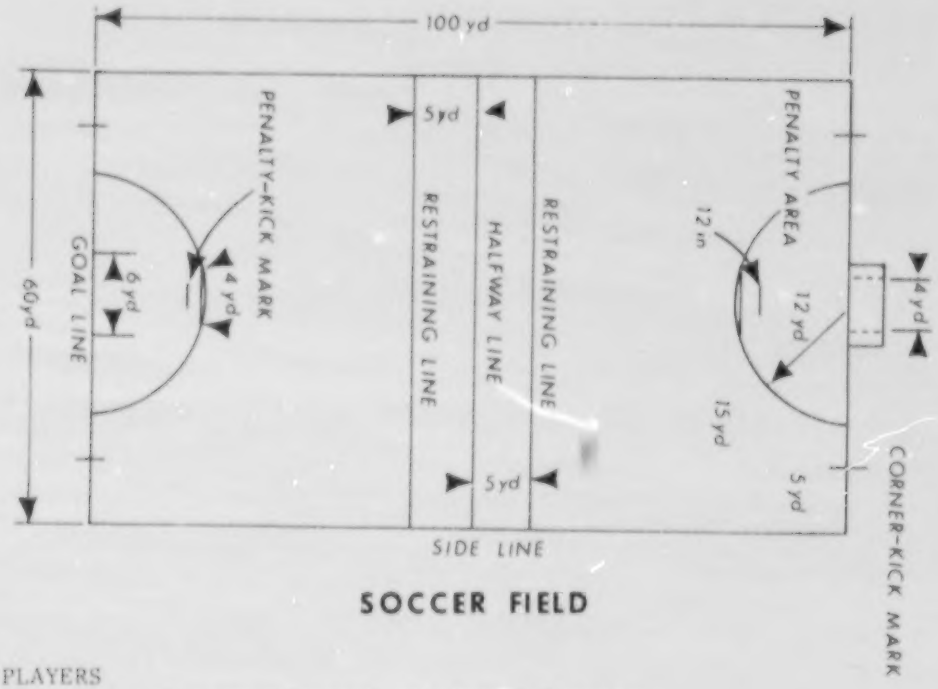
a. Ball -- Regulation soccer ball.

b. Shinguards -- Similar to hockey shinguards. Goalkeeper should wear - not essential for all.

c. Shoes -- Tennis shoes with rubber cleats and rubber toe.

II. GENERAL DESCRIPTION - continued

C. (illustration of field)



SOCCER FIELD

D. PLAYERS

Official team composed of eleven players

a. Forward line - 5 players
Left and right wing, left and right inner, center

b. Backfield - 6 players
Left, center, right halfbacks, left and right fullback, goalkeeper.

E. Safety

1. Girls use crossarms for chest block.
2. Glass guards worn when necessary.

F. Value

1. Body coordination
2. Minimum of equipment
3. Accommodates large classes

III. BASIC SKILLS

A. Individual

1. Dribbling

THE DRIBBLE

a. Ball kept slightly ahead - 10 to 12 inches.
b. Tap every two or three steps.
c. Both feet equally skilled - alternate.
d. Inside-of-foot -- Use the inner border of foot with toes turned out.
e. Outside-of-foot -- Foot rotated inward slightly down, contact with outside of foot.
f. Toe -- Advanced. Toes straight ahead, dribbles by directing toe under ball, giving a slight backward spin.

III. BASIC SKILLS - continued

A. Individual - continued

2. Kick

THE INSTEP KICK

a. Instep kick (top-of-foot)
   (1) Place non-kicking foot beside and about six inches from ball, bring kicking foot back.
   (2) Keeping toes of kicking foot downward, swing leg forward.
      (a) Power from the knee by snapping bent leg forward and upward - high kick results.
      (b) Leg remains bent - low kick results.
   (3) Used for long pass or shooting.

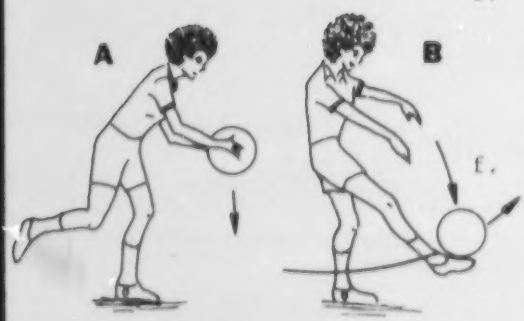
b. Inside-of-foot kick
   (1) One leg swung, knee slightly bent, sideways or backward.
   (2) Kick made by carrying leg diagonally across in front of body, extending knee on contact.
   (3) Used for diagonal passing, shooting, dodging, place-kicking.

THE OUTSIDE-OF-THE-FOOT KICK

c. Outside-of-foot kick
   (1) Ball kicked diagonally ahead.
   (2) The leg (either right or left) swings in front of body, with knee slightly bent.
   (3) Return swing forward and outward and contact ball with outside of foot.
   (4) Used for short passes, quick shot, place kick or start a dodge.

d. Heel kick
   (1) Swing leg forward over ball.
   (2) Swing leg vigorously backward, hitting ball with the heel.
      Leg swung backward from the hip.
   (3) The knee is bent and ankle is extended and firm.
   (4) Used to pass ball backward or to prevent from going out of bounds.

e. Toe kick
   (1) Swing leg backward (right or left).
   (2) Follow through, kicking ball with the toes.
   (3) Kick center of ball - low flight.
   (4) Kick under the ball - high flight.
   (5) Used in place kick, volleying, or a bounding ball.



THE PUNT

f. Punt
   (1) Only goalkeeper, in penalty area, may punt.
   (2) Ball is dropped from one or both hands at arm's length, waist level, in front of the body.
   (3) Kicked with the instep of the foot before it touches the ground.
   (4) Used for height and distance.

III. BASIC SKILLS - continued
A. Individual - continued
2. Kick - continued
g. Drop kick
(1) Only used by goalkeeper in penalty area.
(2) Ball kicked as it rebounds from ground after being dropped from both hands.
(3) Kick with top and outside of foot.
(4) Two steps may precede the kick.

THE DROP KICK

h. Place kick
(1) Kicking ball from stationary position.
(2) May use inside, outside, heel, toe or instep.
(3) May be preceded by running steps.

3. Trapping
a. Inside lower leg
(1) Place foot to side in line with oncoming ball.
(2) As knees bend, lower leg held forward to form angle.
(3) Catch ball between foreleg and ground.

INSIDE LOWER LEG TRAP

III. BASIC SKILLS - continued

A. Individual - continued

3. Trapping - continued

b. Inside both legs

(1) Feet slightly apart, knees bent forward and inward.

(2) Catch ball between ground and the inside of the lower legs.

c. Front-of-both-leg

(1) Similar to the trap with inside legs.

(2) Feet kept together, knees bent forward and downward to trap ball on ground and knees.

d. Sole of foot

(1) Foot raised about eight inches off ground.

(2) Heel downward and toes pointed up.

(3) As ball meets the heel or sole, the foot is extended and presses down on top of ball.

e. Body, stomach or chest

(1) When ball hits stomach, relax and bend at waist over ball.

(2) Arm extend sideways away from body, knees flexed, and rise on toes.

(3) Girls cross arms in front of chest for this skill.

4. Volleying

a. To play the ball with any part of the body, except hands and arms, before it bounces.

b. Part of body used depends on position of player to ball.

c. Spring toward ball in making contact as this provides additional force.

5. Heading

a. Ball is struck or butted with top of forehead at hairline, or with side of head.

b. At contact the neck muscles are tense.

c. Heading the ball forward

(1) Keep eyes on flight of ball.

(2) May head with one or both feet on ground or may jump.

(3) Head is brought back and thrust forward into ball by neck muscles.

(4) At contact body is pushed forward by an extension of legs, body and head.

d. Heading the ball sidewards

(1) Use same technique as for forward except ball is struck with side of forehad or head.

(2) Prior to contact bring head to one side before being thrust back against ball.

e. Head only high ball with relatively little force. Never attempt to head ball below chin level.

HEADING

III. BASIC SKILLS - continued
A. Individual - continued
6. Blocking
a. Method of fielding used to stop a ball or to place it in a position to control it.
b. Chest block
(1) Arms are folded on chest; meet ball in this manner.
(2) At moment of impact, body should give backward and trunk bend slightly forward.
(3) Used when ball is coming in above the waist.

THE CHEST BLOCK

c. Thigh-abdomen block
Similar to chest but arms are free for balance.
7. Tackling
a. Straight tackle
(1) Player approaches opponent head on.
(2) Extend one foot forward to meet ball, shifting weight to other foot, and bend knee.
(3) Used to block the ball or block a kick.
b. Hook tackle
(1) Tackler ahead of opponent and to one side.
(2) One leg extended to the side, with inner border of foot to ground.
(3) Supporting leg is bent very low to give good reach.
(4) Ball is hooked away from opponent.
c. Split tackle
(1) Player drops to one knee and extends the other leg in direction of the ball.
(2) Ball should be directed by sole of the foot.

TACKLING

IV. RULES AND SCORING
A. Scoring and timing
1. Scoring
a. Field goal - two points
b. Penalty goal - one point
c. Default - 2-0
d. Tie game - score stands
2. Timing
a. Length of game consists of four quarters of eight minutes each.
b. Two-minute rest between first and second quarters and third and fourth quarters.
c. Ten-minute intermission at half time.
d. Time out.
(1) May be taken only when the ball is not in play or in case of injury.
(2) May be requested by any player on the field.
(3) Two time-outs of two minutes each shall be allowed each team during the game.

IV. RULES AND SCORING - continued

B. Rules

1. Preliminaries
   a. Winner of coin toss shall have choice of kick-off or goal. Kick-off for each succeeding quarter is alternated.
   b. Goals shall be changed at half-time.
2. Kick-off
   a. Place kick from center of field in direction of opponent's goal starts the game.
      (1) Ball must be kicked into opponents' territory at least the distance of its own circumference.
      (2) Kicker may not touch ball again until it is touched by another player.
      (3) Opponents may not cross restraining line nor teammates of kicker cross the center line till the ball is kicked.
      (4) No player may be closer than five yards.
   b. After a goal is scored, the team scored against shall take the kick-off.
3. Goalkeeper's privileges
   a. May pick up ball.
   b. May bounce ball once.
   c. May punt or drop kick.
   d. May throw the ball.
   e. May combine a bounce with a punt, or a drop kick, or a throw.
   f. May take two steps with the ball in her hands preceding a punt, drop kick, or throw.
4. Throw-in
   a. Used when ball crosses side line.
   b. Opponent may use a one-or two-hand throw to put the ball in play at the point on the sideline where the ball left the field.
   c. Ball is in play as soon as it has been thrown, but thrower may not touch the ball until it is played by another player.
   d. All players must be five yards away until the ball has been thrown.
   e. A goal may not be scored directly from a throw-in.
5. Defense kick
   a. Defense kick is over when the ball has been kicked and moved forward the distance of its circumference.
   b. Kicker shall not play the ball until it has been played by another player.
   c. All players must be five yards away until the ball has been kicked.
   d. A goal may not be scored directly from a defense kick.
6. Corner kick
   a. Halfbacks, fullbacks, and goalkeeper must stand on or behind goal line until the attacking player kicks the ball.
   b. Attacking players may be anywhere on the field of play, provided they are five yards away.
   c. Corner kicker may not play the ball until it has been contacted by someone else.
   d. The corner kick is over when the ball has been kicked.
   e. A goal may be scored directly from a corner kick.

IV. RULES AND SCORING - continued

B. Rules - continued

7. Free kick

a. Direct free kick awarded for the following fouls:

(1) Those committed by either team outside the penalty area.

(2) Those committed by the attacking team inside the penalty area.

(3) Those which result in disqualification of players.

b. Indirect free kick awarded for the following:

(1) Improperly taken free kick, corner kick, kick-off, penalty kick, defense kick, or roll-in.

(2) Infringement of the rule governing goalkeeper's privileges.

(3) Off-sides.

c. Free kick awarded

(1) A place kick taken on the spot by any opposing player.

(2) Ball must be stationary.

(3) Ball must roll the distance of its circumference before it can be played by another player other than kicker.

(4) No player may be closer than five yards to the free kick except if the free kick is within five yards of the goal. The goalkeeper may then stand on the goal line.

8. Penalty kick

a. Awarded for the following fouls:

(1) Tripping

(2) Kicking

(3) Striking

(4) Jumping at an opponent

(5) Holding

(6) Pushing

(7) Handling the ball

(8) Unnecessary roughness

b. Penalty kick awarded

(1) Place kick taken on the penalty kick mark twelve yards from goal.

(2) The ball must be kicked forward by an attacking player in an attempt to send it between the goalposts.

(3) All other players must be outside the penalty area except for the goalkeeper and kicker.

(4) Defending goalkeeper must stand on the goal line until the ball has been kicked.

(5) Kick is taken when umpire blows whistle.

(6) Kicker may not play ball until played by another player.

V. BIBLIOGRAPHY

1, 2, 7, 30, 31, 35 (see complete bibliography)

SOFTBALL

I. HISTORY

The game of softball was adapted from the game of baseball by playground leaders and physical educators for indoor and playground use. A larger, softer ball was used, and the dimensions of the diamond were reduced.

The Canadians are considered pioneers in the game of "indoor baseball" but its greatest impetus was received through the National Recreation Association under the name "Playground Ball," here in the United States. During the Chicago World's Fair in 1933, a worldwide tournament was conducted and the name "softball" was officially adopted.

The numerous sets of rules made completion of the tournament difficult. As a result, the Amateur Softball Association was founded in 1934 to standardize the rules of the game. Today the Division of Girls and Women's Sports is responsible for the making, changing and clarification of softball rules for girls and women.

II. GENERAL DESCRIPTION

A. Game

1. The choice of first or last bat in the inning shall be decided by a toss of a coin, unless there is a visiting team (who will bat first).
2. A regulation game consists of seven innings (this may be shortened to five innings for younger or less skilled players).
   a. A full seven innings need not be played if the team second at bat is ahead after six and one-half innings or goes ahead before three outs in the bottom of the seventh.
   b. A game tied at the end of seven innings is continued until one team is ahead at the end of an inning.
   c. The game may be called by the umpire if darkness, rain, etc., indicate it necessary for the safety of spectators and players. If five innings have been completed, the team leading is the winner. If the score is tied, the score remains and the game will be replayed later. If five complete innings have not been played, the game will continue at a later date with the same score.
   d. A defaulted game shall be declared by the umpire in favor of the team not at fault in the following cases:
      (1) Team fails to appear on the field within the time scheduled by the organization in charge.
      (2) If after the game has begun one team refuses to continue play, or if one team fails to resume play within two minutes after the umpire has called "play ball."

II. GENERAL DESCRIPTION - continued

A. Game - continued

2. Regulation game - continued

d. Defaulted game - continued

(3) If a team employs tactics designed to delay or hasten a game.

(4) If, after warning by the umpire, any rule is willfully violated.

(5) If for any reason there are less than nine players on either team.

(6) The score of a defaulted game will be 7-0 in favor of the team not at fault.

e. Scoring - One run shall score each time a baserunner legally touches 1st, 2nd, 3rd and homeplate in order before the third out of the inning.

(1) A run shall not be scored during the play which results in the 3rd out of the inning.

(2) A baserunner shall not score a run ahead of the baserunner preceding him in the batting order (if the preceding runner has not been put out).

B. Terms

Appeal play -- A play upon which an umpire cannot make a decision until requested by a player. The appeal must be made before the next ball is pitched to the batter.

Ball -- Delivered pitch which does no. enter strike zone.

Balk -- When the pitcher winds up to pitch but does not deliver the ball.

Base on balls -- A walk. When four balls are called before she hits, strikes out, or is put out.

Baserunner -- A player of the team at bat who has finished her turn at bat, reached first base, and has not yet been put out.

Batted ball -- Any ball that hits the bat or is hit by the bat and which lands either in fair or foul territory. No intention to hit the ball is necessary.

Batter-baserunner -- A player who has finished her turn at bat but has not yet been put out or touched first base.

Battery -- Pitcher and catcher.

Batting order -- The order in which a team must come to bat.

Blocked ball -- A batted or thrown ball that is touched, stopped, or handled by a person not engaged in the game, or which touches any object which is not part of the official equipment or playing area.

Bunt -- A legally tapped ball not swung at but intentionally met with the bat and tapped slowly within the infield.

Clean-up -- Usually the fourth position in batting order and occupied by the team's strongest hitter.

Coacher -- A member of the team at bat who takes her place within the coacher's lines at first and third bases to direct the players of her team in running the bases.

Dead ball -- Ball is not in play and is not considered in play again until the pitcher holds it in pitching position and the umpire has called "play ball."

Defensive team -- The team in the field.

Double -- Two-base hit.

Double play -- A play by the defense in which two offensive players are legally put out as the result of continuous action.

Error -- A misplay by a fielder allowing a baserunner or batter to advance or be safe on an otherwise certain out.

Fielder -- Any player of the tea. in the field.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Fly ball -- Any ball batted into the air.

Force-out -- An out which can be made only when a baserunner loses the right to the base occupied because of the batter becoming a baserunner.

Foul tip -- A foul ball which goes directly from the bat, not higher than the batter's head, to the catcher's hands.

Fungo batting -- Batter tosses ball up to herself and hits to fielders for practice.

Home run -- Four-base hit.

Hot corner -- Third base.

Illegally caught ball -- Occurs when a fielder catches a batted or thrown ball with her cap, glove, or any part of her uniform which it is detached from its proper place.

Infield -- That portion of the field which is included within the diamond made by the baselines.

Infield fly -- A fair hit ball, other than a line drive or bunted fly ball, that is caught or in the opinion of the umpire could be easily handled by an infielder.

Inning -- That portion of a game within which the teams alternate on offense and defense and in which there are three outs for each team.

Interference -- The act of a defensive player which hinders or prevents a batter from striking or hitting a pitched ball, or the act of an offensive player which impedes, hinders, or confuses a defensive player while attempting to execute a play.

Keystone sack -- Second base.

Lead-off -- Leaving base when pitcher releases ball in order to go to next base without loss of time.

Legally caught ball -- Occurs when a fielder catches a batted or thrown ball provided it is not caught in the fielder's hat, or in any part of her uniform.

Line drive -- An aerial ball that is batted sharply and directly into the playing field.

Obstructed ball -- A batted or thrown ball which strikes an object such as a fence, backstop, post, tree, or other object within 25 feet of the baselines.

Offensive team -- The team at bat.

On deck -- Next girl to bat after present batter.

Outfield -- That portion of the field which is outside the diamond formed by the baselines and within the four lines beyond first and third bases, and the boundaries of the grounds.

Overthrow -- A play in which a ball is thrown from one fielder to another, to retire a runner who has not reached or is off base, and which goes into foul territory on a play at first, third, or home base.

Passed ball -- The term used by the umpire to indicate that play shall begin or be resumed.

Single -- One-base hit.

Strike zone -- The space over home plate which is between the batter's armpits and the top of her knees when the batter assumes her natural batting stance.

Triple -- Three-base hit.

Turn at bat -- Begins when a player first enters the batter's box and continues until she is put out or becomes a baserunner.

Wild pitch -- A legally delivered ball so high, so low, or so wide of the plate that the catcher cannot or does not stop and control it with ordinary effort.

II. GENERAL DESCRIPTION - continued

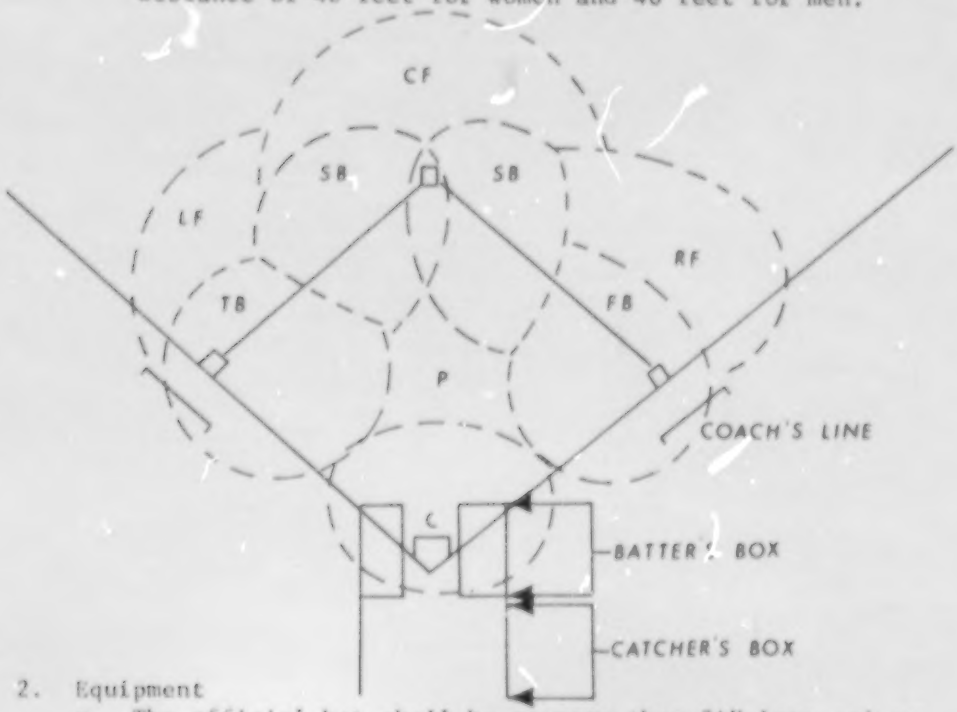
C. Facilities and Equipment

1. Field

The playing field is the area within which the ball may be legally played or fielded.

a. Ground or special rules establishing the playing field may be agreed upon whenever obstructions are in the playing field area.

b. The official diamond has 60-foot baselines with a pitching distance of 40 feet for women and 46 feet for men.



2. Equipment

a. The official bat shall be no more than 34" long and no more than 2½" in diameter at its largest part. There must be a safety grip of tape or some such composition.

b. The official softball shall be made of leather; be not less than 11-7/8" nor more than 12-1/8" in circumference and shall weigh not less than 6 ounces nor more than 6-3/4 ounces.

c. The home plate shall be of wood or rubber. It shall be a five-sided figure with the longer side facing the pitcher.

d. The pitcher's plate shall be made of wood or rubber, 24" long and 6" wide. The front edge shall be 40' from the front edge of home plate.

e. The bases, other than home plate, shall be 15" square and shall be made of canvas.

II. GENERAL DESCRIPTION - continued
C. Facilities and equipment - continued
2. Equipment - continued
f. Gloves may be worn by any player, but mitts may be used only by the catcher and first baseman.
g. The catcher must wear a mask and a body protector. Players may wear slacks as protection from injury.
h. Shoe soles may be either smooth or have soft or hard rubber cleats.
D. Players and substitution
1. A team shall consist of nine players whose positions shall be designated as follows:
a. Pitcher
b. Catcher
c. First baseman
d. Second baseman
e. Third baseman
f. Shortstop
g. Left fielder
h. Center fielder
i. Right fielder
2. A team must have nine players to start or to continue a game.
3. A player shall be officially in the game when her name has been entered on the score sheet. The following regulations govern the substitution of players:
a. The captain of the team making the substitution must notify the umpire.
b. A player may substitute as a fielder, batter, runner or pitcher. She will continue play until another player is substituted for her.
c. A pitcher whose name has been entered on the scoresheet must pitch until the batter facing her has had her turn at bat. Any other player may be removed at any time.
d. A player removed from the game shall not participate in the game again except as a coacher.

III. BASIC SKILLS
A. Individual skills
1. Catching the ball
a. The fingers and hands should be relaxed.
b. Palm of the glove hand and free hand should be opened toward the oncoming ball.
c. For balls below the waist, the fingers are pointed downward with the little fingers together.
d. For balls above the waist, fingers are pointed upward with the thumbs together.
e. As the ball strikes the glove, the hands and arms "give" to cushion the ball while the free hand closes over the ball to trap it.
f. Fielding ground balls
(1) While waiting for the ball, the player assumes a position of readiness with the feet comfortably spread, weight evenly distributed on the balls of the feet, hips and knees slightly bent and eyes on the ball.

III. BASIC SKILLS - continued
A. Individual skills - continued
1. Catching the ball - continued
f. Fielding - continued
(2) As soon as the ball is hit, the fielder makes her move to obtain it.
(3) If the ball is hit directly to the fielder, she advances toward it to pick it up as soon as possible.
(4) If the ball is hit to one side, the fielder must move quickly so as to try to place herself in line with the ball.
(5) If it is necessary to move only a short distance, a slide into position is taken; in order to cover more distance, the fielder pivots toward the ball and runs quickly.
(6) Bend the knees to get down to the ball.
(7) If the ball is bouncing, move forward to take it at the top of the highest bounce.
(8) On hard hit balls, close the stance if necessary or drop down on one knee to block the ball.
g. Fielding fly balls
(1) The fielder must try to judge the position of the ball so as to be there before the ball arrives.
(2) For fly balls that will drop behind her, the fielder turns her back to the ball and watches the ball over one shoulder as she runs to the spot where the ball will land. If possible, she turns to face the ball before making the catch.
(3) Catches should be made at head height--the advantage being that the ball is cut off earlier in its flight and can be returned more quickly to the infield.
(4) Less skilled players will be more successful in judging and catching the ball if the hands are held at chest level.
2. Throwing (the overhand throw)
a. Most frequently used throw because it can be controlled more easily and can be thrown faster and for greater distance than any other throw.
b. The player grips the ball in tripod fashion with the thumb under the ball, the first and second fingers spread slightly on top of the ball, and the third and fourt fingers toward the side of the ball. Do not allow any part of the palm to touch the ball.
c. The player carries the ball into throwing position behind the head by swinging the upper arm backward and upward to shoulder level; the wrist is bent backward.
d. The forearm is held approximately at right angles to the upper arm.
e. As the throwing arm is moved back, the player transfers the weight to the rear leg and the length of the throwing arm swing is increased by rotating the trunk toward the throwing arm until the opposite shoulder points toward the target.
f. To throw the ball, the player releases the cocked position forcefully.
(1) First the upper arm is rotated in the shoulder joint to drop the ball behind the head.

III. BASIC SKILLS - continued

A. Individual skills - continued

2. Throwing - continued

f. To throw the ball...

(2) Then the upper arm and elbow are swung forward (forearm still laid back) and the forward foot is stepped toward the target.

(3) The elbow is straightened, the full arm is whipped forward and the trunk is rotated in the direction of the swing.

(4) At the last moment the wrist and fingers are flexed with a snap to release the ball.

(5) The momentum of the swing carries the trunk forward until the throwing shoulder points toward the target and the arm swings down and across the body.

(6) To retain balance, the player swings the rear leg forward to a position even with or ahead of the forward leg.

(7) When throwing for distance, release the ball in front of the body at head height and step forward to flatten the arc of the swing.

(8) When making a fast throw (as in throwing to a base) release the ball in front of the body at shoulder level so it will travel parallel to the ground.

3. Pitching (underhand fast fall, rocker arm method--right handed pitcher)

a. The pitcher grips the ball in a tripod fashion with the tips of the middle fingers just over the seams of the ball.

b. The pitcher stands with the left foot on the back edge of the pitching rubber and the right foot on the left edge. (The toes of the right foot and the heel of the left foot will not be on the rubber.)

c. The pitcher's shoulders are in line with first and third base; the ball is held in both hands.

d. The ball is pressed forward away from the body and then the pitching arm is swung downward and backward.

e. The trunk is rotated toward third base to allow a long backswing.

f. To start the forward motion, the pitcher rotates the trunk forward until she faces the batter, then the arm is swung forward parallel to the body.

g. One step forward is taken on the left foot and the ball is released off the ends of the fingers.

h. The arm follows through on the line of the pitch with the elbow straight and, completing the follow-through, the right foot is pushed parallel with the left in a fielding position.

4. Batting (right-handed batter)

a. Grip

(1) Left hand approximately two inches from the end of the bat.

(2) Right hand placed above and very near the left.

(3) If the pitcher throws a fast ball, if the bat is heavy or if the batter has weak wrists, a "chocked" grip may be used. (Batter moves hands up near the top of the tape on the handle.)

(4) If the pitch is slow, if a light bat is used, or if the batter is strong and swings fast, a long grip may be used with the hands at the end of the bat. The long grip, if well controlled, provides maximum force.

III. BASIC SKILLS - continued

A. Individual skills - continued

4. Batting - continued

b. Stance

(1) Generally the batter places her feet in a comfortable side-stride position about shoulder width apart.

(2) The batter faces the plate squarely and stands away from the plate far enough to be able to touch the outside corner with the bat (held in either hand).

(3) While waiting for the pitch, the batter keeps the knees and hips slightly relaxed and easy; the upper body is held fairly erect with the shoulders level and shoulders and hips turned slightly toward the center.

(4) The bat is held off the shoulder and points diagonally upward and slightly backward.

(5) The left elbow is bent slightly and the arm is held up near the shoulder level so that the back of the arm and elbow point toward the pitcher.

(6) The right elbow is bent and held away from the body to point diagonally downward.

(7) As the ball leaves the pitcher's hand, the batter slides the forward foot toward the pitcher about six inches.

(8) The player swings the bat forward, parallel to the ground.

(9) Just as the ball is approaching home plate, the wrists are snapped to throw the head of the bat into the ball.

(10) On the follow-through, the hands are rolled over until the right palm faces downward and the weight is carried to the left foot to enable the batter to take her first step toward first base.

B. Team skills

Points of strategy

1. As a baserunner:

a. When the ball is poorly thrown, run to the next base if possible.

b. Before two are out, leave the base after the ball is released by the pitcher but stay near the base if a fly is hit. Return to the base if the fly is caught and if there is time after the catch, run to the next base. A runner on third should stay on base and run after the fly ball is caught.

c. When there are two outs run on any fly ball or any ground ball not hit through the infield.

d. Know where the other baserunners are and whether or not you have to run if the ball is hit.

e. Don't circle out too far from the base path--start your turn from one base to another before you hit the base.

f. Touch every base--avoid putting your foot in the middle of the base; the inside corner should be hit.

g. Don't leave the base until the ball leaves the pitcher's hand.

h. Steal second base if third base is occupied or if the catcher has a weak throw.

III. BASIC SKILLS - continued

B. Team skills - continued

Points of strategy

2. As a batter:

a. When the count is three balls and no strikes, let the next pitched ball pass.

b. Run if the third strike is dropped.

c. Do not watch the ball you hit--RUN!

d. The umpire calls foul balls--run until you hear her call.

3. As a fielder:

a. Do not throw to a base if the runner is already there.

b. "Call for the ball" when a fly ball can be readily played by more than one player.

c. As an outfielder. after fielding the ball throw the ball to an infielder as quickly as possible.

d. Know the position of the base runners and the score. Make up your mind in advance what you should do if you receive the ball.

e. Outfielders back up players on all hit balls. The left fielder should back up the third baseman, shortstop, and center fielder. The center fielder should back up the left fielder, the right fielder, shortstop, and second baseman. The right fielder backs up the center fielder, first and second baseman.

f. When a baseman is fielding a ball her base should be covered by a teammate. The pitcher should cover for the catcher. First base can be covered by the second baseman or pitcher. Second base is usually covered by the shortstop. Third base is covered by the shortstop or pitcher.

IV. RULES AND SCORING

A. Regular game

1. Pitching regulations

a. The following rules govern the pitching:

(1) Before releasing a pitch, the pitcher must come to a full stop facing the batter with the ball held in both hands in front of her body. Both feet must be on the pitcher's mound.

(2) This position must be maintained at least one second and not more than 20 seconds.

(3) The pitcher may not take the position cited without the ball in her possession.

(4) In the act of delivering the ball, the pitcher may not take more than one step which must be forward, toward the batter and simultaneous with the delivery of the ball to the batter.

(5) A legal delivery is a ball delivered to the batter with an underhand motion.

(a) The release of the ball and the follow-through of the hand and wrist must be forward past the straight line of the body.

(b) The hand shall be below the hip and the wrist no further from the body than the elbow.

(c) The catcher must be within the lines of the catcher's box when the pitch is delivered.

IV. RULES AND SCORING - continued

A. Regular game - continued

1. Pitching regulations - continued

a. Rules governing pitching - continued

(6) The pitcher may use any wind-up desired, provided:

(a) She makes no motion to pitch without immediately releasing the ball (balk).

(b) She does not stop or reverse the forward motion of a pitch.

(c) She does not make more than one revolution of the arm in the windmill pitch.

(7) The pitcher shall not deliberately drop, roll, or bounce the ball in order to prevent the batter from striking it.

NOTE: An infraction of any item under section is an illegal pitch. The ball is dead. A ball is called on the batter. Baserunners are entitled to advance one base without liability of being put out.

2. Batting regulations

a. The following rules govern the batter:

(1) The batter must have both feet inside the batter's box when the ball is hit.

(2) The batter shall not step across in front of the catcher to the other batter's box while the pitcher is in position ready to pitch.

NOTE: For any infraction of (1) and (2) the ball is dead. The batter is out and baserunners may <u>not</u> advance.

(3) The batter must take his position within one minute after the umpire has called "play ball."

NOTE: For an infraction of rule (3) the ball is in play, the batter is out, and baserunners may advance with the risk of being put out.

b. Batting order - Each player of the side at bat shall become a batter in the order her name appears on the scoresheet.

(1) The batting order delivered to the umpire must be followed throughout the game unless a player is substituted for another. When this occurs, the substitute must take the batting position of the removed player.

NOTE: Batting out of order is an appeal play.

(a) If discovered <u>while</u> wrong batter is at bat, correct batter takes her place and assumes any balls and strikes.

(b) If discovered <u>after</u> the wrong batter has completed her turn at bat and before there has been a pitch to another batter, the player who should have batted is out. Any runs scored during her turn at bat are cancelled and baserunners must return to the base they occupied when the incorrect batter took her position in the batter's box.

(c) If the error is discovered after the first pitch to the next batter, the team at bat of the incorrect batter is legal and all resulting plays are legal.

IV. RULES AND SCORING - continued

A. Regular game - continued

2. Batting regulations - continued

b. Batting order - continued

(2) When the third out in an inning is made before the batter has completed her turn at bat, she shall be the first batter in the next inning.

(3) The batter shall not hinder the catcher from fielding or throwing the ball.

NOTE: If rule (3) is violated the ball is dead and baserunners must return to the base occupied prior to interference. The batter is out unless a runner is put out on the play.

(4) Members of the team at bat shall not interfere with a player attempting to field a fly ball.

NOTE: If rule (4) is violated the ball is dead, and the batter is out and baserunners must return to the base legally held at the time of the pitch.

3. Strike -- A strike is called by the umpire when:

a. The batter does not swing at a ball which enters the strike zone before touching the ground.

b. The batter strikes at and misses a legally pitched ball.

NOTE: Baserunners may advance with liability to be put out.

c. A foul tip occurs if there are less than two strikes on a batter. If the catcher holds onto the ball and it is the batter's third strike, the batter is out.

d. A foul ball is not legally caught on the fly and the batter has less than two strikes.

NOTE: The ball is dead and runners must return to their bases without liability to be put out.

4. Ball -- A ball is called by the umpire when:

a. The pitch does not enter the strike zone or touch the ground before reaching home plate and the batter does not swing.

NOTE: Baserunner may advance with liability to be put out. Ball is in play.

b. Illegal pitch occurs.

NOTE: The ball is dead, and baserunners are entitled to advance without liability to be put out.

5. Fair ball -- A fair ball is a legally batted ball which:

a. Settles on or is touched on fair ground between home and first or home and third.

b. Is on or over fair ground when bounding past the infield.

c. Touches first, second, third base.

d. While on or over fair ground touches any player or umpire.

e. First falls on fair ground beyond first or third.

6. Foul ball -- A legally batted ball which:

a. Settles on foul ground between home and first or home and third base.

b. First touches on foul ground beyond first or third.

c. While on or over foul ground touches the person or clothing of a player, umpire or other obstruction.

IV. RULES AND SCORING - continued

A. Regular game - continued

7. Batter is out - Under the following circumstances:
   a. When third strike is caught by the catcher.
   b. When she has three strikes and there are less than two outs and first base is occupied.
   c. When she bunts foul after the second strike.
   d. When a foul ball is legally caught.
   e. Immediately when she hits an infield fly with baserunners on first and second, or on first, second and third with less than two out. This is called the infield fly rule.

8. Baserunners - The baserunners must touch the bases in legal order; i.e., to first, second, third, and home.
   a. When a baserunner dislodges a base from its proper position, neither she nor succeeding runners in the same series of plays are compelled to follow a base unreasonably out of position.
   b. Two baserunners may not occupy the same base simultaneously. The runner who first legally occupied the base is entitled to it. The other runner may be put out by being touched with the ball.
   c. The failure of a runner to touch a base shall result in an out if an opposing team player tags the base with the ball in her possession and the umpire agrees that the runner did miss the base. This is an appeal play.
   d. Baserunners may advance with liability to be put out under the following circumstances:
      (1) When the ball leaves the pitcher's hand on a pitch.
      (2) On an overthrow into foul or fair territory and ball is not blocked.
      (3) When ball is batted into fair territory and ball is not blocked.
   e. Baserunners may advance one base without liability to be put out when:
      (1) Forced to leave a base because
         (a) the batter was awarded a base on balls.
         (b) the pitcher balks or pitches illegally.
         (c) the batter was hit by a pitch.
         (d) the ball is thrown out of the designated playing area.
   f. The baserunner is out and the ball is in play:
      (1) When she runs more than three feet from a direct line between bases in an effort to avoid being touched by a ball held by a fielder.
      (2) When, while the ball is in play, she is legally touched with the ball in the hand of a fielder while not in contact with a base.
      (3) When on a force-out a fielder holds the ball on the base to which the baserunner is forced to advance before the runner reaches the base.
      (4) When the baserunner fails to tag up after a fly ball is caught, provided the ball is returned and legally held on the base left by the runner or the runner is legally tagged by a fielder before she returns to base.
      (5) When the baserunner overruns first base and attempts to run to second before returning to first and is legally touched off base.

IV. RULES AND SCORING - continued

A. Regular game - continued

8. Baserunners - continued

g. The ball is dead and the baserunner is out:

(1) When the baserunner interferes or obstructs a fielder attempting to field a batted ball or intentionally interferes with a thrown ball.

(2) When a baserunner is struck by a fair ball while off base before it touches or passes a fielder.

(3) When, with a baserunner on third, the batter interferes with a play being made at home plate with less than two outs.

(4) When a coacher intentionally interferes with a play.

(5) When the baserunner leaves the base before a pitch has been released (no pitch called, any ball hit or missed is not legal).

h. Baserunners are not out under the following circumstances:

(1) When a runner runs outside the baseline to avoid interfering with a fielder attempting to field a ball.

(2) When a baserunner is hit by a fair ball that has passed through an infielder and in the umpire's judgment no other fielder had a chance to play it.

(3) When the baserunner is touched by a ball not securely held by the fielder.

(4) When a baserunner overruns first base and returns directly to the base.

(5) When the baserunner is not given sufficient time to return to base between pitches. She may advance as though she left legally.

B. Slow pitch softball

1. In recent years still another variation has gained popularity by beginners and recreational players.

2. The slow arching delivery, rather than a fast, skillfully placed pitch, equalizes the opportunity of play for the average person.

3. In the "slow pitch" version of softball certain deviations from the above rules are observed. In brief, these differences are:

a. No stealing of bases is permitted.

b. The baserunner cannot leave his base until the pitched ball has crossed home plate.

c. Bunting is not allowed.

d. In delivering the ball the pitcher must throw it with moderate speed, below the hip and with a perceptible arch.

e. A team shall be composed of ten instead of nine players.

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VOLLEYBALL

I. HISTORY

Volleyball originated in America. In 1895 at Holyoke, Mass., William C. Morgan devised the game for a group of senior men looking for a less strenuous team activity than basketball or football, to play for fun after business hours.

Originally, a rope was stretched across the gymnasium floor and a basketball bladder was batted slowly back and forth across it with the fists. Later a tennis net replaced the rope and finally a regulation volleyball net similar to the one used today was manufactured by the Spalding Sporting Goods Company. The volleyball replaced the bladder, and the hands replaced the fists for hitting it across the court in a greatly speeded-up game.

The first official Volleyball Rules for Women, published in 1924, were adopted by the National Section of Women's Athletics in 1937. The game has remained a popular recreational sport. In 1964 it was introduced in the Olympics for Women. Since that time the game has become highly competitive with the introduction of more forceful skills and techniques. This level of volleyball is called power volleyball. It differs from recreational volleyball in the amount of organization necessary for the highly refined application of team strategy and individual skills. It demands a quick, alert, extremely well-coordinated athlete with great stamina to master its complex skills and playing situations.

II. GENERAL DESCRIPTION

A. Game

The object of the game is to hit the ball legally back and forth over the net and to prevent it from touching the floor within or on the lines of your own court.

B. Terms

Backing up -- A planned system of assisting a player who commits herself to making the initial contact on a serve or a spike.

Block -- Defense against spike. (see section on skills)

Body foul -- Ball touches any part of player below the waist.

Bump -- Involves hitting the ball on the fronts of the forearms about midway between the wrists and elbow. Same as bounce pass.

Dead ball -- Ball temporarily out of play (strikes floor, hits outside court, etc.)

Defaulted game -- Occurs when : team has fewer than six players; team refuses to play after receiving instructions from referee; defaulted game score - 2-0.

Defense -- Action by a team when the ball is controlled by its opponents. Pertains primarily to receiving the serve or spike, and blocking spiked balls.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Dig -- A contact of the ball below the waist with one or both closed hands and extended arms. Is used to recover forceful spikes and serves and in net recovery.

Dink (or drop volley)-- A fake following preparation for a spike which results in a topped ball that falls close to the net in the opponent's court.

Dive -- Hitting the ball very close to the floor while the body is in the air, in a full stretch position. Ball may be struck with the back of the hand or wrist before the player lands on the floor.

Double foul -- A foul that occurs when two or more players of opposing teams foul simultaneously. It results in a replay.

Fake -- A deceptive movement preceding a shot.

Floater -- A ball that has no spin.

Foot fault -- Server steps on or over the end line during the act of serving; or player steps over center line which is under net.

Free ball -- A ball that has not been spiked which comes over the net.

Holding -- A foul which results from allowing the ball to rest on the hand or hands momentarily.

Interchange -- Intentionally changing positions with another player to gain advantage in playing ball.

Illegal hit -- Ball comes to rest momentarily on any part of body above and including the waist.

Legal hit -- Ball that is given immediate impetus with any part of the body above and including the waist.

Legal serve -- Putting the ball in play over the net and into the opponent's court by a player from a position anywhere within the serving area.

Lifting -- A foul which results from allowing the ball to rest on the hand or hands as they are carried upward.

Match -- First team to win two games.

Offense -- Action by a team that controls the ball. Includes serving, passing, setting, and spiking the ball.

Opponent's court -- Playing court occupied by a team's opponents.

Out-of-bounds -- Any surface or object outside the court except a player in the act of playing the ball.

Own court -- Playing court occupied by a team.

Passing -- Method of setting ball up for teammate. (See section on skills.)

Point -- Receiving team fails to return ball legally to opponent's court.

Pushing -- A foul generally called when a two-hand chest volley is not clearly and cleanly batted.

Rotation -- A clockwise movement of players to a new position at the beginning of a service term.

Serve -- The act of putting the ball in play.

Serving order -- Sequence of service of a team's players which coincides with the official method of rotation.

Set -- A special high pass for the purpose of placing the ball in position for another player to spike.

Side out -- Serving team fails to win its point or plays the ball illegally; the ball shall be given to the opposing team to serve.

Spike -- The act of jumping in the air, near the net, and forcefully hitting a set ball from above the level of the net down into the opponent's court.

Switching -- Changing positions after serve.

II. GENERAL DESCRIPTION - continued

B. Terms - continued

Term of service -- Server continues to serve until the referee calls side out.

Throwing -- A foul resulting from a ball resting in the hand during a throwing motion.

Time out -- Temporary suspension of play for purpose of rest, substitution, or injury.

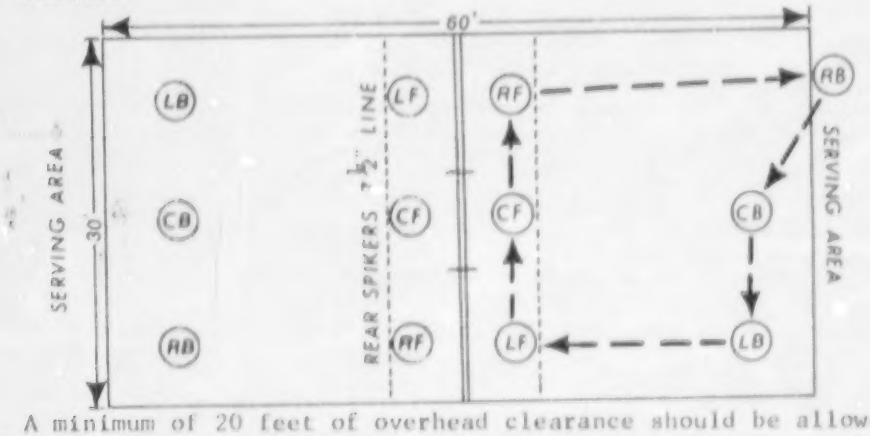
Violation -- Infringement of rules sometimes referred to as a foul.

Volley -- One contact with the ball by a player.

C. Facilities and equipment

1. Court

a. Picture



b. A minimum of 20 feet of overhead clearance should be allowed.

c. Serving area should be in back of the end lines between the extension of the side lines and should be 6' in depth. In a smaller gym the serving area may extend into the court.

2. Equipment

a. Net

(1) Should be 32' long and 3' wide, bound at top and bottom with manila rope.

(2) Should be tightly stretched and the height should measure 7'4½" from the top to the floor at the center of the court.

b. Ball - round rubber or leather ball inflated to a pressure between seven and eight pounds.

D. Players

1. In all official matches, teams shall be composed of six players. A team may not begin with fewer than six players. If for any reason a team is reduced to fewer than six players, the game shall be defaulted.

2. Positions of players

a. Forwards - right, center, left

b. Backs - right, center left

3. When the ball is served, each player shall be in own area of the court.

4. After the ball is contacted on the serve the players may move from their respective positions.

5. A player may not enter the game for the third time.

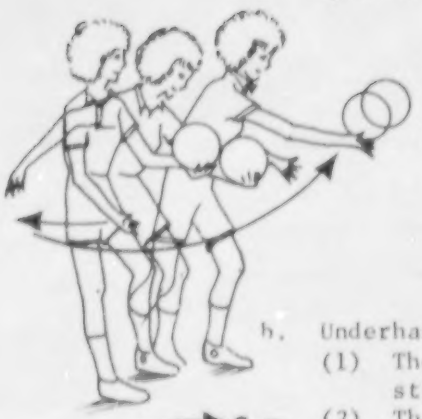
6. Substitution may occur on a dead ball and the player takes the position in the serving order of the girl whom she replaces.

III. BASIC SKILLS

A. Individual skills

1. Serve

a. The most common methods of hitting the ball are with the open hand, the closed hand, and the fist (see diagram below).



HAND POSITIONS FOR THREE BASIC SERVES

b. Underhand

(1) The right handed player faces the net with her feet in stride position.

(2) The left foot is forward.

(3) The ball rests on the left fingers and palm, the left arm is extended across the body in line with the right hip.

(4) The right arm is swung backward; the knees are bent forward; the whole body twists around to the right. As the arm is brought down the body twists back around to the left. The knees are straightened as the ball is hit, and the arm follows through forward in the direction you wish to place the ball.

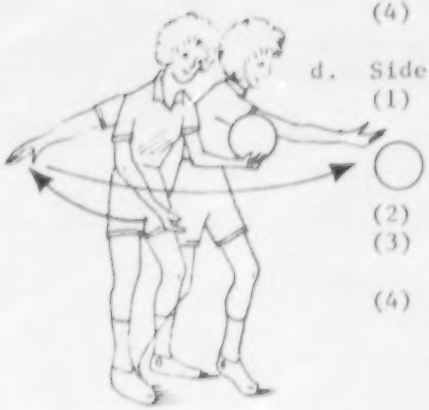
c. Overhead

(1) Similar to the tennis serve.

(2) Toss the ball high into the air above and slightly in front of the head.

(3) The left side of the body faces the net, feet well apart; draw the hitting arm back beyond the hips and as the ball falls to the desired hitting spot overhead, the arm swings in an overhand throwing motion.

(4) Ball should be contacted with the heal of the hand or the fist.



d. Side arm

(1) Similar in body positioning to the underhand serve, except the right handed player stands with her left shoulder toward the net and her feet pointing toward the right side line.

(2) The ball is held in the palm of the left hand.

(3) The extended right arm swings back at shoulder level and parallel to the playing surface.

(4) The ball is contacted at its center and driven from the holding hand.

III. BASIC SKILLS - continued

A. Individual skills - continued

1. Serve - continued

e. Floater overhead serve

(1) Body positioning similar to the overhead service.

(2) The ball is held high or tossed 2 or 3 feet in the air with no spin imparted.

(3) The right arm extends overhead with the elbow slightly bent.

(4) The elbow leads the heel of the hand (or a flat fist) to the inert ball.

(5) The ball must be contacted squarely in its center to cause it to float, bob and weave in flight.

(6) No real follow-through; the effect is a "punched ball."

f. Roundhouse serve

(1) A powerful hook serve that is difficult to control.

(2) Recommended only for highly skilled players.

2. Overhead volley

a. Ready position - Get in position under the ball, feet apart, weight supported on balls of feet, knees flexed, semi-crouch position. A player may drop to one knee to get in better position for a low ball.

b. Hands are held above and in front of the head, thumbs pointing toward each other and nearly touching, fingers well spread and pointing upward. A "pocket" or triangle is formed by thumbs and fingers through which the player looks at the ball before and during contact.

c. Arms are forward and sideward with elbows pointing slightly toward the ground.

d. Just prior to contact the arms withdraw to the body, and in one continuous sharp movement the fleshy parts of the fingers and thumbs simultaneously strike the ball.

e. The body extends upward, with a player often jumping slightly from the ground to meet the ball.

f. The arms and fingers snap with a follow through in the direction of the pass. There is no wrist flexion in the movement.

3. Bump - forearm bounce pass - 2-hand dip.

a. Knees are bent slightly in crouch position, body directly under the ball.

b. Form a flat shelf with the two forearms close together.

c. Place the back of one hand in the palm of the other. (However, there are several other methods for executing this skill, including clasped hands with thumbs together, or one hand wrapped around the other closed hand with thumbs lying close together)

d. Keep the trunk erect and get under the ball by extending the knees.

e. The ball is hit on the fronts of the forearm midway between wrists and elbows. This is done by extending the knees to bring the fully extended arms up to the ball. Do not swing the arms at the ball.

III. BASIC SKILLS - continued

A. Individual skills - continued

4. Dig or one-hand bounce pass
   a. A recovery shot used for a ball that is received low and off to the side of a player.
   b. The player rarely has time to position herself for the ball.
   c. The hand may be in a loosely closed position or in a tightly clenched closed position.
   d. As the hand contacts the ball, the wrist snaps upward.

DIG

5. Set-up
   a. A set-up is a pass directed so that a forward line player may spike, or hit the ball forcefully across the net.
   b. The ball should rise four or five feet above and no more than 18" behind the net.
   c. The descent of the ball should be straight down over the shoulder of the spiker's hitting arm.
   d. The ball should be high enough above the net so that the spiker can get "on top of the ball" without driving it into the net.

6. Spike
   a. Method of hitting a ball downward into the opponent's court with one hand that is above and close to the net.
   b. Leap high, hit near top of ball, driving ball to floor in opponent's court.

SPIKING

BLOCKING

NET RECOVERY

III. BASIC SKILLS - continued

A. Individual skills - continued

7. Block
   a. Defense against spike.
   b. Player blocking jumps into air at same time that spiker goes up.
   c. Arms are extended straight up, hands with thumbs touching.
   d. Object is to have ball deflected into opponent's court or high in air so teammate may play it.
   e. Two or three players may block at the same time.
   f. Care should be taken so as not to touch the net or ball before it comes over the net.
8. Recovery of the spike
   a. Use underhand play.
   b. May be necessary to bend sharply at the knees or kneel on the floor to play ball that is ankle height.
9. Net recovery
   a. To play the ball from the net, crouch low, legs spread and bent, body facing the sideline, and as the ball rebounds from the net, the hands employ an upward motion so that the ball is batted in the air for a teammate to play.
   b. If the ball hits the net near the top, it will drop almost straight down.
   c. If it hits low in the net, it may rebound several feet and the retriever must station herself accordingly.

B. Strategy
1. Position play (avoid bunching).
   a. Front line, one arm's distance from the net.
   b. Back row, well in front of back line.
   c. Lineup should include a good spiker on the front row at all times.
   d. Backs rarely send the ball over the net. They place it properly for the forwards.
   e. Center back should move forward a step or two to cover center portion of court.
   f. Player should back up teammate when she is receiving the ball.
2. Serves
   a. Place server. Look in one area - serve to another.
   b. Serve and hit ball to the left side of receiver's body.
   c. Concentrate on low serves.
   d. Vary serves as to placement and speed.
3. Play to opponent's weaknesses.
4. Returns should be varied as to placement and skill method.
5. The individual waiting position is one of posed readiness, with hands up and the body in a semicrouched,tensed position.
6. Keep eyes on the ball and anticipate where the returned ball will be sent.

IV. RULES AND SCORING

A. Rules

1. Preliminaries

a. Captain's choice -- coin is tossed. Winner of toss may choose to take either first service during first game, or choice of courts. Loser then takes whichever choice is left. At the beginning of subsequent game, the team that received first game shall have the first service.

b. Change of courts -- At the end of each game of the same match, teams shall change courts. In the middle of the third game, teams shall change courts after one team has scored eight points, or the first time the ball is dead after four minutes of play, whichever occurs first. The order of rotation shall not be altered with this changing of courts.

c. Changing positions -- At the beginning of a new game, the players may be rearranged in their positions.

d. Serving order

(1) At the start of each game the ball shall be put in play by the player in the right back position from within the serving area of her own court.

(2) Service shall alternate or side out is called.

(3) The player rotating from the right forward to the right back shall be the next server, followed by the center forward, left forward, left back, and center back as they rotate clockwise.

e. Rotation

(1) Does not occur until the first server from both teams has completed her first term of service.

(2) Thereafter, the team receiving the ball for service shall immediately rotate positions.

2. Playing the ball

a. Legal serving

(1) Hit the ball directly off the holding hand.

(2) Hit the ball after tossing it from holding hand.

(3) Hit the ball with one or both hands opened or closed.

(4) Hit the ball with the arm or arms.

b. Ball play

(1) The ball must be batted clearly. The ball must be volleyed with one or both hands, opened or closed, or with one or both forearms. The ball is dead if it touches any part of the player's body except below the waist.

(2) The ball may be volleyed only three times before it is sent over the net.

(3) If two or more players contact the ball simultaneously, either may hit it another time.

(4) Ball may be recovered from net except on service.

(5) Ball touching boundary line is good.

(6) During volley, a ball that hits the net and goes over is good and continues in play.

IV. RULES AND SCORING - continued

A. Rules - continued

2. Playing the ball - continued

c. Fouls - illegal play if a player:

(1) Hits ball into net.
(2) Hits ball out of bounds on side or overhead.
(3) Commits foot fault on serve.
(4) Commits body foul.
(5) Lifts, holds, throws, or pushes the ball.
(6) Plays ball more than once in succession.
(7) Volleys ball for fourth time.
(8) Catches or touches the ball either on or off the court and calls it out.
(9) Touches net with any part of body while ball is in play.
(10) Holds net or pushes ball against net.
(11) Reaches under or over net except on follow-through.
(12) Fails to be in own position when ball is served.
(13) Spikes or goes to net to block the ball.
(14) Steps over the center line.
(15) Delays the game.
(16) Serves out of turn.

(a) If a player serves out of turn, side-out shall be called as soon as the mistake is discovered, and any points made on the service before the error was discovered shall be cancelled. The serving order shall be corrected immediately.

(b) If the mistake in serving order occurs and is not discovered until after the opponents have gained the ball for service, but before they have begun to serve, the game shall be stopped, and all points made by the improper server shall be cancelled. The serving order shall be corrected immediately.

(c) If the mistake in serving order occurs but is not discovered until after the opponents have served, there shall be no loss of points. The serving order shall be corrected immediately on the first dead ball.

Note: Penalty for above faults consists of Point if committed against serving team; side-out if committed by serving team.

Double foul -- a double foul shall be called when players on opposite sides commit a foul simultaneously. In case of double foul, the play shall be repeated and no score recorded.

B. Scoring

1. Only the serving team scores, receiver never scores. When the serving team legally fails to send the ball to the opponent's court, side-out shall be called.
2. If the receiving team fails to return the ball legally to the opponents over the net, serving team scores one point.
3. A game shall consist of eight minutes of playing time or a 15-point game, one team having a two-point lead, whichever happens first.
4. Winner of a match is the first team to win two games.

IV. RULES AND SCORING - continued

C. Time

1. A game shall consist of eight minutes of playing time or 15 points, whichever occurs first.
2. Rest period between games - three minutes.
3. Rest during game - one minute (two allowed per game).
4. Time out for substitution - 15 seconds.
5. Time out for injury - five minutes.

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